PUT A RING ON IT
SWEETHEART GIFTS FOR HIM AND HER
{pages 29, 30}

UH-OH
MARRIAGE WOES ALREADY FOR KATY?
DISH {page 26}

VANCOUVER metro®
Thursday, February 10, 2011
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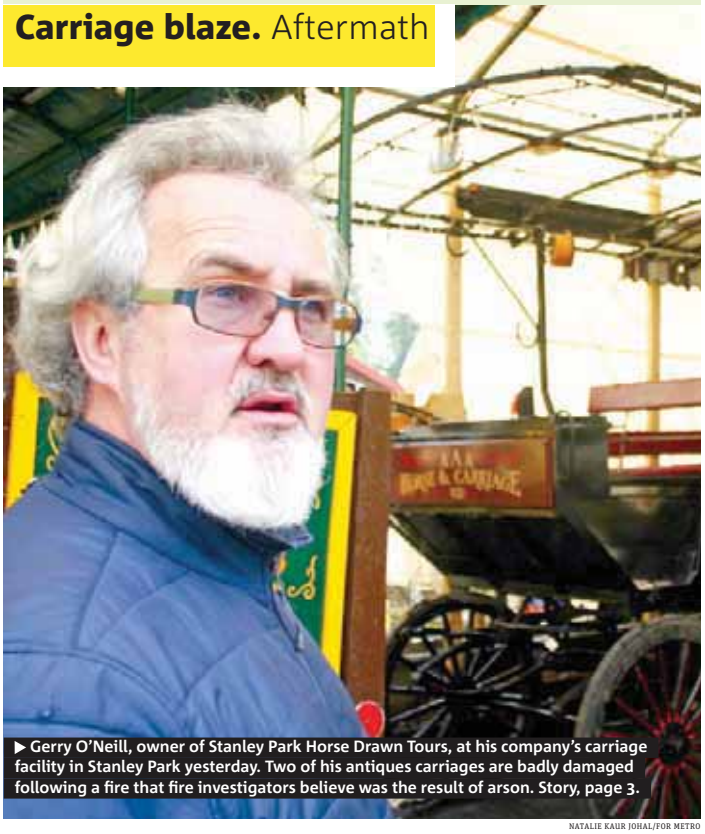
News worth sharing.

Carriage blaze. Aftermath



▶ Gerry O'Neill, owner of Stanley Park Horse Drawn Tours, at his company's carriage facility in Stanley Park yesterday. Two of his antiques carriages are badly damaged following a fire that fire investigators believe was the result of arson. Story, page 3.

NATALIE KAUR JOHAL/FOR METRO

Foul play blamed for Stanley Park fire

Two dead after midair collision

Aircraft pilot, passenger dead following crash near Mission, an hour outside Vancouver ◐ Witness reported having seen planes make contact with each other

The flying formation of four aircraft out for a spin on a rare sunny day in the Fraser Valley came tragically apart yesterday afternoon when two of the planes clipped wings and spiralled to the ground.

One aircraft recovered, landing in a field, but the second crashed into a slough near the town of Deroche, killing the pilot and a passenger on board.

Sgt. Miriam Dickson of the Mission RCMP said the passenger died at the scene and the pilot was pronounced dead after being airlifted to Royal Columbian Hospital. The names of the victims have not been released but police say they were both men in their 50s.

Clayton Kummel watched the crash while driving home from work.

"I saw two planes spiralling down," said Kummel, a licensed pilot who parked his car and rushed through the knee-deep freezing water of the slough toward the wreckage.

"I called the police as I was wading across. The passenger was already under water and the pilot's head was leaning onto the passenger's arm and he was kind of gurgling half in the water," Kummel said in an interview with The Canadian Press.

The passenger was not bloodied, but the pilot had a gash on the head, said Kummel.

Within less than five minutes, a rescue crew and paramedics were on the scene, and Kummel said he watched as the two men were pulled out onto stretchers.

Rick Dekker of the North Fraser Volunteer Fire Department said his unit was called to the scene in the Mission area, about an hour's drive east of Vancouver.

Dekker said he lives not far from the scene, and one of his neighbours who saw the planes overhead called him to report the crash.

Dekker said the second person in the plane that crashed into the water was unconscious when the fire department arrived.

The person regained consciousness and was flown to hospital, where he was later pronounced dead.

THE CANADIAN PRESS

TSB on scene

▶ Bill Yearwood of the Transportation Safety Board said two investigators with the agency were on the scene, but he had few other details.

What did we learn?

Looking back at the low points of the Olympics {page 6}

Pyramids reopen in Egypt

But protests far from over as VP warns of 'coup' {page 13}

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Fire damages Stanley Park carriages

Gerry O'Neill, owner of Stanley Park Horse Drawn Tours, woke up early yesterday to a call from police explaining there had been a fire at his business' Pipeline Road carriage facility.

O'Neill has been in business for 28 years without prior incident and is still in disbelief about what's happened. He finds the incident unsettling.

"It feels like someone's been in my house."

Two horse-drawn carriages were seriously damaged in the fire, which was reported to police at around 1:30 a.m.

The coaches were built near the turn of the century and are historically significant, O'Neill explained. Particularly devastating to O'Neill was that the company had only recently finished restoration of the carriages.

The carriages' seats and awnings were destroyed in the fire and additional water damage may have occurred when crews were dousing the flames.

Fire investigators have completed their inspection of the scene and have determined that the fire was deliberately set.

"It does appear that arson was involved," said Capt. Gabe Roder, Vancouver Fire Department.

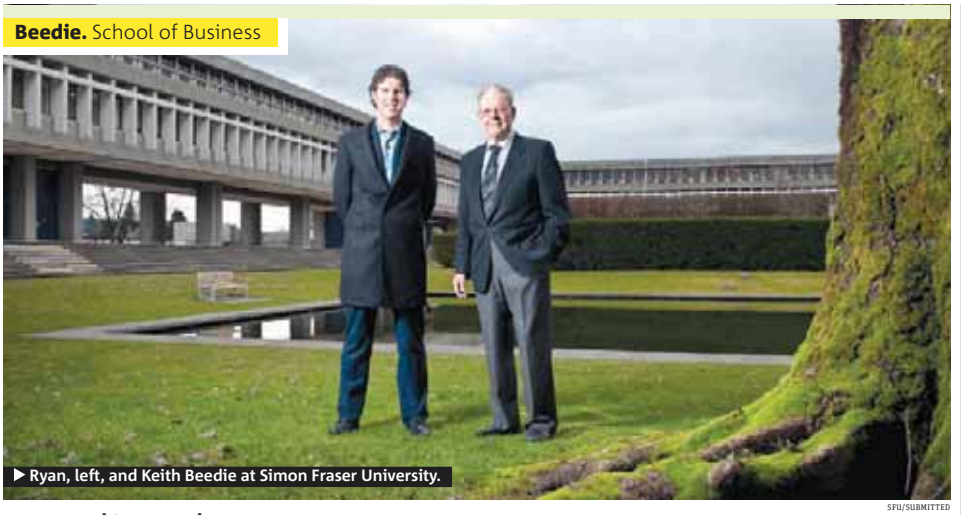
Roder said because there has not been a pattern of similar events, finding who is responsible for the vandalism will not be a simple task.

O'Neill said he has no reason to suspect the incident was targeted, "but whoever it was, still had no business being there."

Despite the damage, O'Neill expects the company will begin its season as scheduled on March 15.

NATALIE KAUR JOHAL

Beedie. School of Business



▶ Ryan, left, and Keith Beedie at Simon Fraser University.

SFU/SUBMITTED

Beedies the business with $22M donation

The Beedies, owners of the Beedie Group, the largest landlord of industrial real estate in B.C., donated $22 million to SFU Business, which will now be known as the Beedie School of Business. The donation is the largest gift the university has received. Ryan Beedie is a graduate of the school's business program.

Pattullo future still undecided

- **TransLink committee looking at three options for aging bridge**
- **Ministry of Transportation not in favour of tolls**
- **Options for public consultation in June**

MATT KIELTYKA
@METRONEWS.CA

Back to the drawing board.

The future of the Pattullo Bridge seemed set when TransLink announced plans for a new six-lane replacement bridge in 2008.

But the transit authority is taking a second, and third look after a technical working group made up of government engineers and stakeholders urged TransLink to investigate other options to find the most efficient and cost-effective solution for the region.

"They asked us to take a look at two other options and do a work-up on them like we did with the six-lane new bridge," TransLink spokesperson Ken Hardie said of the committee's request last fall. "They asked us what a rehab of the existing four-lane bridge would look like or building a new four-lane bridge instead. That way we can do an apples to apples comparison."

Hardie said TransLink's preference is to still build the new six-lane bridge.

Transportation Minister Shirley Bond said the government isn't putting undue pressure on TransLink.

"At the end of the day it's their decision," she said. "Generally, we would want TransLink to look at every option. This is an investment that may potentially require $1 billion."

Bridge to future

- Shirley Bond did say that the Ministry of Transportation prefers avoiding tolls on the bridge.
- "We've been vocal about that since 2009," she said. "We're happy to work with TransLink to look at the options and find a solution."
- All three of the options will be presented to the public in June when the engineering reports are complete.

1 news

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The CRTC deserves better than to be bullied over Twitter by a cabinet minister. More at metronews.ca/spindoctor

For some Vancouverites, the Olympics brought a sense of impending doom. But the assumption that unprecedented numbers of visitors would cripple the city proved to be unfounded.

This page shows two Olympic fears that really never came to be.

Getting around wasn't so bad after all

Myth: Total gridlock on city streets during the Games.

Fact: People left their cars at home and embraced alternate modes of transportation, leading to record use of sustainable travel methods, said Dale Bracewell, director of Olympic transportation with the city.

Bracewell said planners took lessons from past Olympic cities while taking into account Vancouver's unique layout and geography, and the fact that it was the biggest city ever to host a Winter Games.

"There was still some room for people to drive but we needed a 30 per cent reduction in vehicles," he said.

"We converted entire streets into pedestrian corridors and TransLink made sustainable modes really work for people."

"People really enjoyed the pedestrian corridors and how they connected the rapid transit network."

He added the most popular mode of transit was the Olympic Line streetcar that connected the Athlete's Village with Granville Island.

Eighty per cent of spectators walked, biked or took transit to get to events.

KRISTEN THOMPSON

JEFF HODSON/FILE

▶ The Olympic Streetcar Line

YVR held up to pressure of record visitors during Games

Around 40,000 people and 77,000 pieces of luggage were processed at YVR on March 1, the busiest day in the airport's history ◗ Despite fears the airport couldn't accommodate so much traffic, extra staff and volunteers helped to maintain a smooth ship throughout the Olympic Games

KRISTEN THOMPSON
@METRONEWS.CA

Vancouver 2010: One Year Later

Myth: YVR would melt down under the pressure of so many travellers.

Fact: It was like clockwork. Rebecca Catley, director of communications for the Vancouver Airport Authority.

"It was all about planning," said Catley. "We reached out to (past host city) airports and ... they told us what they'd (have done) differently."

"March 1 was our busiest day ever so we created an offsite luggage check-in terminal (at hotels and the Olympic Village), which alleviated a lot of the stress on the terminal building."

Catley said they also put 100,000 envelopes under hotel doors advising people not to go through security until three hours before their flight.

"Olympic athletes travel with an average of six bags ... (so) one of our employees designed a special luggage cart," she said.

"We were cognizant of the fact that we would be the first and last impression for many of the visitors and we took that responsibility really seriously."

DAVID MARTIN/HYPEN

▶ Vancouver International Airport during the 2010 Games.

Photo: Malawi, 2009 © Tim Freccia/CARE
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Lessons to be learned from controversies

Vancouver Games had their share of mishaps, accidents One year later, future host cities like London and Sochi are learning from incidents

SANDRA BEHNE/BONGARTS/GETTY IMAGES

▶ Three of the four arms of the Olympic Cauldron are lit at the opening ceremonies at B.C. Place.

Vancouver 2010: One Year Later

"We planned for terrorism, plane crashes, every conceivable thing and never believed ever we (would face this)."
VANOC PRESIDENT JOHN FURLONG ON GEORGIAN LUGER'S NODAR KUMARITASHVILI'S DEATH

KIMIYA SHOKOOHI
VANCOUVER@METRONEWS.CA

Vancouver had its host of controversies during the Olympics, from cauldron mishaps to unaccommodating weather and — most tragically — the death of an athlete.

But those accidents are being filed away as learning experiences for future Games and, in some cases, may pave the way for safer and better Olympic events, says Lucia Montanarella, media operations consultant with the IOC.

"Whatever happens, the bad and the good, is always a lesson for the future," she said.

The death of Georgian luger Nodar Kumaritashvili on the first day of the Olympics, for example, led to a closer look at safety policies.

For this month's world luge championships in Italy, the International Luge Federation pushed for an extension of track walls on high-speed points of the track.

New wood panels were added to act as guardrails in case an athlete loses control.

Then there was the high-profile lawsuit against VANOC by a group of female ski jumpers arguing their exclusion from the Games was based on gender.

The IOC said the sport wasn't developed enough to be included in 2010, but that it's looking favourable for inclusion in Sochi.

"I've seen several (instances) where there is a sort of waiting time that the new sports have to go through," Montanarella said. "(Now) there is a different awareness. I think (the sport) is ready."

Having checked off the growth of the sport as one of the mandates, the International Ski Federation is now shifting its attention to increasing crowd interest.

Vancouver's unseasonably balmy weather and slushy snow conditions has Sochi taking precautionary steps for 2014 as early as this year.

"They're already monitoring the weather," said Montanarella. "(They want) to see what happens and how they can intervene."

And as far as the cauldron mishap at the opening ceremonies goes, VANOC CEO John Furlong is laughing that one off.

"The cauldron wasn't a big deal," he said. "It was an opportunity to show the inner spirit of the country ... It showed our self-deprecating humour."

Grab a Metro tomorrow for the final instalment of our four-part Olympic anniversary series, where we'll be looking at what's next for the city of Vancouver and talking to John Furlong about life as VANOC's CEO.

CHRIS POLK/GETTY IMAGES

▶ Police stand guard during a protest on Day 2 of the Vancouver Olympics on Feb. 13, 2010.

Police pass Olympic test

"All you have to do is look to the G20 protests to see what happens when people don't take a close look at the security plans."
BCCLA EXECUTIVE DIRECTOR DAVID EBY

The verdict is clear.

Police overall did a good job keeping the peace and respecting people's rights during the Olympic Games in Vancouver.

But depending on whom you ask, the reasons why pre-Olympic concerns didn't materialize vary.

The lead-up to the Games was ripe with theories suggesting police would kick down the doors of anti-Olympic critics, restrict protesters to fenced-in areas and arrest homeless people en masse.

None of it happened.

A year later, Vancouver police Chief Jim Chu says many of the early warnings were baseless.

"The entire lead-up consisted of plans being announced and people would take it to the worst-case scenario," Chu said. "We spent a lot of time letting people know what we intended to do and assuring them their rights would be respected."

But David Eby, executive director of the B.C. Civil Liberties Association, said the fears heading into the Games were real and fortunately didn't come to fruition because of tireless lobbying from groups like his.

"These were live issues," he said.

"We did a lot of advocacy and, at the end of the day, people were able to express their views."

That's not to say there weren't problems.

Eby, who had an army of legal observers keeping an eye on security, said he takes issue with the heavy Canada Border Services Agency presence in the Downtown Eastside during the Olympics.

"It was really distasteful," he said. "They were primarily deployed in the DTES as if people living there are there illegally in some way."

The fact the public doesn't know how the $1-billion security budget for the Games was spent also troubles Eby.

Despite a relatively trouble-free Games, Vancouver police were called into action to suppress a violent group of "Black Bloc" protesters the day after the opening ceremonies.

Newspaper boxes were thrown through windows, storefronts were vandalized and heavily armed officers were called in to restore order.

"Even when people crossed the line, we made sure to only go after the criminals and not peaceful protesters," Chu said.

"The story of the Games wasn't about the protesters or policing. It was fun for us to facilitate the biggest street party the city has ever seen."

MATT KIELTYKA

Twitter question

Metro wants to know what you think is the most important legacy the Games have left us. Tweet us @vancouvermetro.

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Ground copters in rough seas: Report

All 17 people who died on Cougar Flight 491 were alive when the helicopter crashed: Investigator ◗ Impact disabled flotation devices

Fatal impact

Key recommendations and findings in the TSB report into the fatal crash of Cougar Flight 491:

- **Flights should not be** allowed over seas that are too rough for a survivable emergency landing.
- **Sikorsky S-92 helicopters** should be able to run dry without lubrication in their main gearboxes for at least 30 minutes.
- **The FAA should look at** extreme environments and decide whether gearboxes should be able to operate for longer than 30 minutes without oil.
- **Emergency air supply** should be on all flights that require survival suits.

A Transportation Safety Board report into a deadly helicopter crash off Newfoundland recommends grounding flights over seas that are too rough for a survivable emergency landing.

Wendy Tadros, the board's chairwoman, said yesterday that all Sikorsky S-92 helicopters should be able to run dry without lubrication in their main gearboxes for at least 30 minutes.

She also said the Federal Aviation Administration in the United States should look at harsh operating environments and decide whether the gearboxes should be able to operate for longer than 30 minutes without oil.

The board had already said that the failure of titanium studs that secured the oil filter bowl assembly to the helicopter's main gearbox caused a loss of oil pressure before Cougar Flight 491 crashed into the North Atlantic on March 12, 2009.

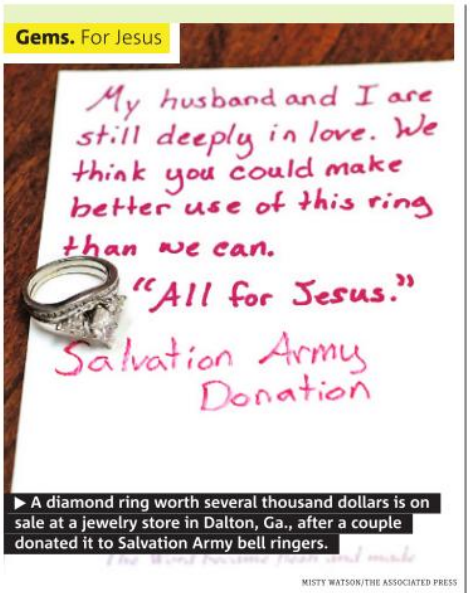
The crash killed 17 people who were on their way to Newfoundland's offshore oilfields.

The sole survivor, Robert Decker, was rescued after a narrow escape from the wreckage. He endured 75 minutes on the frigid ocean surface in a leaking survival suit as he waited for help.

Mike Cunningham, who led the investigation for the board, said those who died were alive when the helicopter crashed, and flotation collars meant to keep the aircraft from sinking never deployed.

"If the sea state is too rough for a successful emergency ditching, then a helicopter shouldn't be operating. Period."
WENDY TADROS, CHAIRWOMAN, TRANSPORTATION SAFETY BOARD

The pilots reported a loss of oil pressure in the chopper's main gearbox about 11 minutes before they hit the water. They turned back for land and told passengers they were ditching just before plunging into the sea about 55 kilometres east of St. John's. **THE CANADIAN PRESS**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Salvation Army Donation

▶ A diamond ring worth several thousand dollars is on sale at a jewelry store in Dalton, Ga., after a couple donated it to Salvation Army bell ringers.

MISTY WATSON/THE ASSOCIATED PRESS

Say it with diamonds

Salvation Army officials are selling one of the more unusual items they collected during their Red Kettle drive: A diamond wedding ring. An unidentified couple approached bell ringers Dec. 22 outside a grocery store in northern Georgia and left the ring. They also left a Christmas card with a note on the back. The ring is on sale at a Dalton jewelry store, where sealed bids are being taken for the next 30 days. It will then be sold to the highest bidder, with proceeds going to support Salvation Army services.

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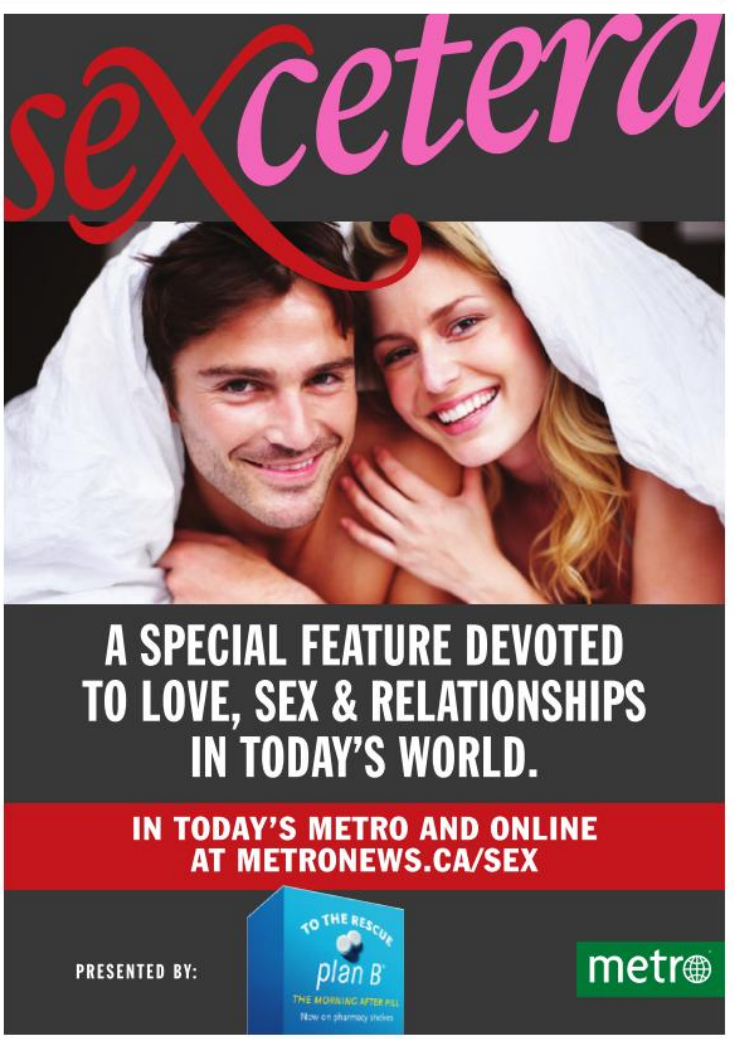
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Plant the finance seed: Study

Task force recommends financial literacy for elementary level

SEAN KILPATRICK/THE CANADIAN PRESS

Canadian schools should start teaching children about managing money as early as elementary grades, says a federal task force on financial literacy.

In a report issued yesterday, the blue ribbon panel concluded that many Canadians are ill prepared for a financial world that is becoming increasingly complex by the year.

And it says education, starting as early as elementary school, is the best way to sow the seeds of knowledge and skills Canadians need to save, invest, buy homes and plan for retirement later in life.

"There's a lot of research that suggests that early adoption of this (education) is quite powerful," said Donald Stewart, the task force chair who is also chief executive of Sun Life Financial.

"We would suggest no later than Grade 10, and if you can fit in pieces of it earlier, studies suggest it would be beneficial."

THE CANADIAN PRESS

Cheetah. Love

▶ A female cheetah cub clings to lead keeper Lacey Braun for its daily weighing at the Smithsonian Conservation Biology Institute in Front Royal, Va., yesterday.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

Brother from another mother

Two cubs were born in December to different mothers, and the male cub was placed with the female cub and her mother, Zazi, as female cheetahs don't produce enough milk when only a single cub is present. The male cub weighed in at 10 pounds, and the female at nine pounds.

Indonesia fired up over chili prices

In spice-crazed Indonesia, a meal without fresh chilies is almost unthinkable.

But prices have soared as much as 10-fold in recent months — some say because of climate change — driving up inflation and pulling everyone from housewives to the president into the debate.

Grow your own, some say. Or what about using bottled hot sauces instead?

With unusually heavy rainfalls decimating crops, the country's most popular ingredient is hovering at between $10 to $11 per kilogram — making it more expensive than beef.

That's put a serious dent in wallets — many people in this nation of 237 million earn less than $200 a month — but few are willing to cut back.

THE ASSOCIATED PRESS

Mom-to-be mistakenly given drug for abortion

A pregnant woman mistakenly given an abortion drug by a pharmacist faces an excruciating wait to find out the fate of her unborn child.

A pharmacist at a Safeway supermarket in Fort Lupton gave Mareena Silva the drug methotrexate last week. The drug, intended for another woman, is used in chemotherapy and to terminate early-stage pregnancies.

Silva, who is six weeks pregnant, told KMGH-TV in Denver that she took a pill and checked the bottle after becoming sick. She was rushed to hospital.

Doctors say Silva could miscarry or have a baby with birth defects.

THE ASSOCIATED PRESS

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KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Tourists listen to a historian in front of the Sphinx in Giza, Egypt's most famous tourist attraction, yesterday. The pyramids reopened to tourists yesterday as anti-government demonstrations entered their third week.

Government efforts fail to quell protests

Sharp warnings raise prospect of renewed crackdown Vice-president says there could be 'coup'

Thousands of state workers and impoverished Egyptians launched strikes and protests around the country yesterday over their economic woes as anti-government activists sought to expand their campaign to oust President Hosni Mubarak despite warnings from the vice-president that protests won't be tolerated much longer.

Some 8,000 protesters, mainly farmers, set barricades of flaming palm trees in the southern province of Assiut, blocking the main highway and railway to Cairo to complain of bread shortages. They then drove off the governor by pelting his van with stones. Hundreds of slum dwellers in the Suez Canal city of Port Said set fire to part of the governor's headquarters in anger over lack of housing.

"We are striking and we will protest and we will not negotiate until Mubarak steps down. Whoever wants to threaten us, then let them do so."
ABDUL-RAHMAN SAMIR, SPOKESMAN FOR A COALITION OF YOUTH GROUPS BEHIND PROTESTS IN CAIRO'S TAHRIR SQUARE.

Efforts by Vice-President Omar Suleiman to open a dialogue with protesters over reforms have broken down since the weekend, with youth organizers of the movement deeply suspicious that he plans only superficial changes far short of real democracy. They refuse any talks unless Mubarak steps down first. **THE ASSOCIATED PRESS**

MISSING CHILDREN

Search for twins shifts to Corsica

The search for missing Swiss twins spread to Corsica and southern Italy yesterday, after authorities confirmed the six-year-old girls were on a ferry to the French island four days before their father apparently killed himself in Italy.

Marseille prosecutor Jacques Dallest said Matthias Kaspar Schepp and his daughters boarded a ferry for Propriano, in Corsica, on Jan. 31, but authorities could not confirm that the twins ever left the boat.

But police in southern Italy, meanwhile, interviewed a coffee shop owner who reported seeing a man and his daughters who fit the description of blonde Alessia and Livia sometime last week. The bar is located in the city of Cerignola, where Schepp was found dead Feb. 3. **THE ASSOCIATED PRESS**

Man walks into train, walks away

An intoxicated man in Saskatoon strolled right into an oncoming train yesterday, but will live to tell about it.

Police say after the Canadian Pacific freight train clipped the 29-year-old, he was able to get up and walk away.

"We got a call from witnesses who observed a gentleman walking down the Canadian Pacific train tracks," said police Sgt. Ted Sperling. **THE CANADIAN PRESS**

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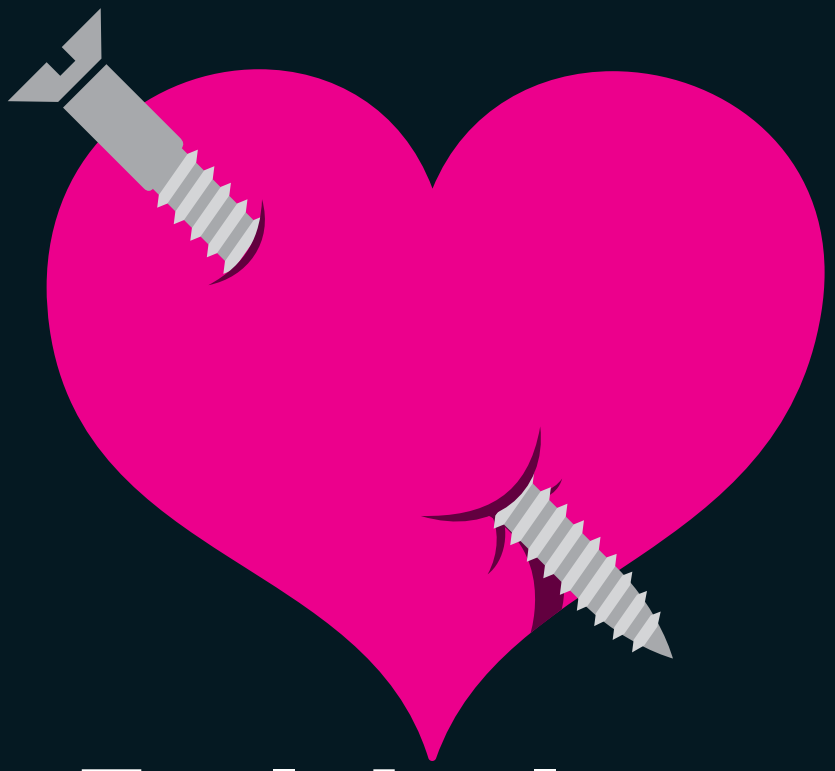

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TSX boss on top of the world over merger

Kloet says linkup with London will 'redefine the global exchange business' Clement urges caution

CHRIS YOUNG/THE CANADIAN PRESS

▶ Xavier Rolet, left, CEO of the London Stock Exchange, and his counterpart in Toronto, Thomas Kloet, celebrate the transatlantic merger yesterday in Toronto.

Call it a world-beating win-win situation.

A transatlantic union between the biggest stock exchanges in Canada and Britain will create a new force in global finance, the head of the Toronto Stock Exchange said yesterday.

The linkup between TMX Group and the London Stock Exchange will "redefine the global exchange business," chief executive Thomas Kloet added.

But even as the Canadian and British operators planned to join hands, officials at stock exchange operators in New York and Germany announced their own merger talks.

NYSE Euronext and Deutsche Boerse AG said there's no definite deal, but the combination could set up a powerful rivalry between two stock market giants, each with a foot on two continents.

The merger activities continue a years-long trend that has seen smaller regional and national securities markets and commodities markets join together in response to the global nature of their industries.

Meanwhile, Industry Minister Tony Clement said his department will look at the deal to see whether it requires an official review to determine if it's good for Canada, such as the one last year in which Clement stopped the $38.6-billion US takeover of fertilizer company PotashCorp by mining giant BHP Billiton.

THE CANADIAN PRESS

Coal-fired plant to shut down?

A fight could be brewing between TransAlta Corp. and TransCanada Corp. over the shutdown of part of the Sundance coal-fired power plant in Alberta.

TransAlta, which operates the plant, took the units out of service for testing in mid-December. On Monday, it said they cannot be repaired economically and must be shut down, ending a power purchase agreement with TransCanada about six years before it was to end. THE CANADIAN PRESS

Power plant

- **Sundance 1** was originally commissioned in 1970 and Sundance 2 in 1973.
- **Large** The two Sundance units have about one-quarter of the generation capacity of Alberta's largest power plant, about 70 kilometres west of Edmonton.

Market moment

TSX	Oil	Gold	Dollar
– 108.22	– $0.23	+ $1.40 US	+ 0.07¢
13,784.30	($86.71 US)	($1,365.50)	($100.61 US)

PRICES AS OF 5 P.M. YESTERDAY

News in brief

App to help you confess

CONTRITION. Got sins? A new app for the iPhone and the iPad seeks to help Catholics prepare for confession, that sacred ritual of seeking penance for sins. The $1.99 app then guides you through contrition and offers sample text you can tell a real-life priest. THE ASSOCIATED PRESS

Palm unveils its tablet

TECHNOLOGY. Smartphone pioneer Palm is releasing its first tablet computer, the TouchPad. Palm unveiled the device yesterday at a media event in San Francisco. THE ASSOCIATED PRESS

Drinks to get clearer labels

CALORIE COUNTS. It will soon be easier to know how many calories you're consuming when you sip a soft drink. The calorie count will be moved to the front of cans and bottles from the back, and full serving details will be provided on standardized labels. The initiative, from Canadian non-alcoholic beverage companies, is called Clear on Calories. THE CANADIAN PRESS

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RUN OVER BY A STREETCAR NAMED DESIRE

He says ...

JOHN MAZEROLLE

Pucker up, lovebirds! (Can birds pucker?)

It's time for Valentine's Day, that love-laden event where, like surgeons, we exchange hearts and hope no blood is spilled. Ever since some guy named Valentine got beaten and lost his head during a time of persecution, we've been celebrating the obvious tie-in with relationships.

It sort of makes you think.

In my case, my feelings toward the day have run as hot and cold as any Harlequin romance.

I hated Valentine's Day when I was young and unlucky in love, replaying every failed relationship in my mind over and over like a little Zapruder film, trying to decipher exactly what happened.

I loved Valentine's Day when I was engaged to be married, my love life as overflowing as Pamela Anderson in a "C" cup (you see how romance and poetry permeated every fibre of my being).

Now that I'm divorced, it would be fair to assume I hate the day again, ready to tell the world where it can put Cupid's arrow.

But you would be wrong. Mostly, I feel nothing — not jaded, joyless nothing, just nothing. I feel like I've been through enough in my life that no day can instruct me how to feel, good or ill.

I remember crushing on Nicole Boudreau in Grade 4 and changing the words of Christmas In Killarney so it went, "It's nice, you know, to kiss Boudreau, while cuddling under the mistletoe."

"... my feelings toward (Valentine's Day) have run as hot and cold as any Harlequin romance."

I remember my first love with Julie, a relationship so overwrought with tender, naive passion that Justin Bieber would have gagged.

I remember getting so infatuated with Cora in my early 20s that every song on the radio had added romantic weight, even if it was a jingle about toilet bowl cleaner.

I remember kissing my future wife in the rain.

And that's just the positive stuff. I've been run over by the streetcar named desire more times than I can count. I've been single, taken, engaged, married, divorced, exalted, ecstatic and enraged.

I'm not unique, by any means. But the day seems irrelevant to me. Valentine's Day can't move me or hurt me any more than Halloween can scare me or Labour Day can convince me to get a union card.

I'm just glad to know that there will be more times in my life — day unknown — when I'll go sappy, lose sleep, lose weight, feel sick to my stomach, and be scared. After all, that's what true happiness is about.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Penny for your thoughts

Letters & Tweets

Finance Minister Jim Flaherty spoke darkly on the penny's future this week and the coin's days appear numbered. Surely, the first currency most of us ever saved enough to roll deserves a warm send-off, so we asked you for your obituaries and tributes.

You had great cents

THE CANADIAN PRESS FILE

@lexiebexson: Due to cutbacks in the economy, the penny is now pennyless. It's been nickel-and-dimed to death.

@wilcre: Pennies, they corroded their way in. Now oxidized from us, rest my friend, you won't be forgotten for the next "DOT," 1858–?

@chelsea_mac1: The penny will be missed by all. Specifically by stores that will no longer be able to use $0.99 as their pricing strategies.

@toothpickgirl: RIP penny — you had great cents.

@stevehalifax: I guess the price of a "thought" jumps to five cents now!

@trevorboller: Canada loses all intelligence due to no more penny for your thoughts.

And here are a few dissenters, for whom the penny will be anything but missed.

@go2plan_b: Personally, I'll be glad to be rid of the penny.

@dev0kan: Good riddance. Pennies smell bad and cost more to make than the $0.01 that they're worth.

What's your Friday ritual to unwind from the week?

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Metro Minute at Arts Club Theatre

The Arts Club Theatre Company's presentation of Edward Albee's Who's Afraid Of Virginia Woolf? begins tonight and runs until March 12. The play was first performed in New York on Broadway in 1962 and won both the 1963 Tony Award for best play and the 1962-63 New York Drama Critic's Circle Award for best play. The play was made into a movie in 1966. Set at a small university campus in New England, the play involves two couples playing "games" by launching savage verbal attacks against other members of the party.

The play, directed by John Wright, runs at 7:30 p.m. and tickets are $29 to $49. Call 604-687-1644 or visit artsclub.com for more info. SUNHO CHOI

COURTESY OF DAVID COOPER/ARTS CLUB THEATRE

▶ Meg Roe, from left, Craig Erickson and Gabrielle Rose star in Who's Afraid Of Virginia Woolf?

IT'S SEXY CANADA!

CANADIANS AREN'T DULLARDS WHEN IT COMES TO SEXUALITY

So says Dr. David McKenzie, a Vancouver-based couples counsellor and sex therapist – and that's especially true if you live in British Columbia. The province is considered to be more sexually open compared to Ontario, for example, where the industrious and somewhat uptight profile of the province is likely reflected in the boudoir as well!

"Sex never stands alone. It's always connected to other issues, both within ourselves and within relationships," says Dr. McKenzie. "So if you're going to have a more liberal and open person politically and otherwise, you're going to find that person on the whole to be more open too."

McKenzie says B.C. tends to be the adventuresome 'frontier land' of Canada. "Vancouver attracts a lot of people who want a more laid-back, recreational lifestyle."

Other regional personalities in Canada that he has noted: the Maritimes tends to be community-oriented with friendly down-to-earth people; Quebec is the passionate province; the Prairies are a friendly place; and Alberta is a very conservative province... with a more conservative attitude sexually.

In general, Canadians of all ages embrace sexuality. McKenzie cites a recent study by Eli Lily that shows couples in their 50s and 60s want more robust sex lives – they're looking for more adventure.

At the same time, Alexander McKay, research coordinator for the Sex Information and Education Council of Canada, says Canadian youth in particular have become more educated about sexuality. Younger people are increasingly savvy about their sexual health compared to past generations. They're more likely to use condoms and less likely to get pregnant then their parents were.

"All of it is part of the gradual liberalization of Canadian society around the issue of sexuality." McKay says youth in general are feeling more comfortable talking with friends and health professionals about sexuality and sexual health. Sex education has improved in some schools, and the internet has provided a way for every person to access information that is specifically suited to their own needs.

BEHIND CLOSED DOORS

McKay cautions that many Canadians are blissfully unaware about sexual health. He says people in their 20s, 30s and people who are newly single, are ignorant about things like sexually transmitted infection, and put themselves at risk.

Consistent condom use helps to reduce the risk of infections such as HIV, Chlamydia, genital herpes and HPV. Unfortunately, condom use declines with age.

"Some people stop using condoms when they are in a relationship. But most of us have more than one relationship over the years. If you stop using condoms in each relationship that equals unprotected sex with a number of different partners and increases the risk for getting a sexually transmitted infection."

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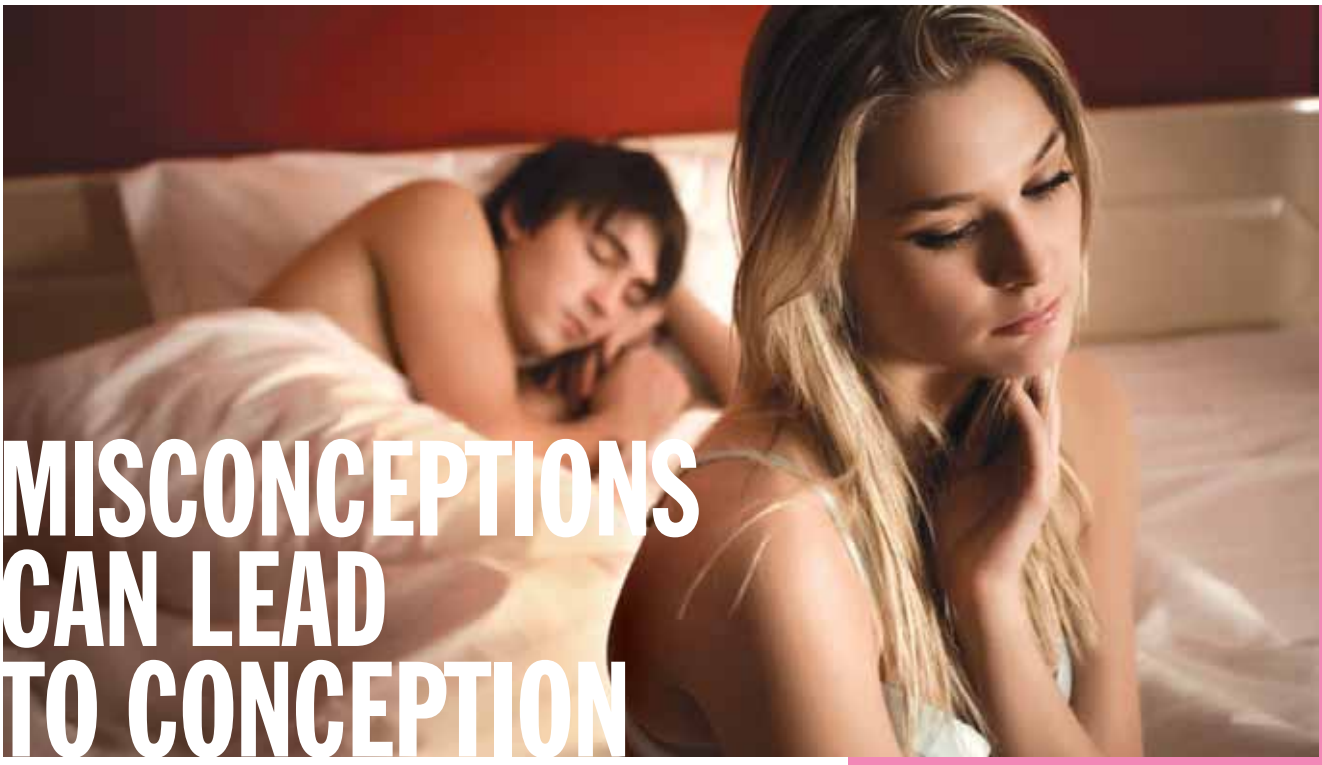

MISCONCEPTIONS CAN LEAD TO CONCEPTION

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and all of them, in a split-second, can fail.

Not to sound grim, but that's a fact. It could be as simple as missing a few birth-control pills. It could come down to a broken condom, or one that just slipped off. Maybe you forgot to insert your diaphragm? Anyone could make these mistakes, and lots of smart people do, every day.

But maybe all this seems moot? Maybe you're the type to plan ahead—someone who knows your own body and when you're most likely to get pregnant? Don't be so sure. People talk about a 'safe time of the month,' but it's hard to measure that precisely. Many women don't have regular periods anyway, particularly when they're stressed. Remember, too, that sperm can live up to seven days, so even if you hadn't ovulated when you had sex, the sperm could still fertilize the egg afterwards. You don't want uncertainty at a time like this.

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plan B®, the "morning after pill", shouldn't replace your regular contraceptive method, but you can use it more than once, if you need to. Think of it as your emergency response. Accidents happen, even when you're careful, and that's why you have a plan B®.

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* Except Saskatchewan, where it is available at the pharmacy counter.
† Except Quebec, where a pharmacist's prescription is required.

2 scene

Scene in brief

The Gay & Lesbian Alliance Against Defamation is honouring Ricky Martin and Kristin Chenoweth. The organization announced yesterday that Martin will receive the Vito Russo Award at GLAAD's 22nd annual Media Awards on March 19 in New York City. The award is presented to an openly LGBT media professional who made a significant difference in promoting equal rights.

THE ASSOCIATED PRESS

Elvis Presley Enterprises sues for copyright infringement, illegal sale of box set

NATHAN DENETTE/THE CANADIAN PRESS

▶ Rob VanWinkle, also known as rapper Vanilla Ice, has a new reality show on the DIY Network where he flips homes for a profit.

There is no cooling down Vanilla Ice

Rapper turned TV star VanWinkle shows off his real estate skills in new reality show

Rapper Vanilla Ice says his '90s hit, Ice, Ice Baby, shows no signs of cooling off.

The 43-year-old former pop star, also known as Rob VanWinkle, says it's a "timeless hit" that is enjoying a resurgence thanks to a reboot he did with Irish twins known as Jedward.

"(In the) past eight months I've sold three million records," boasts VanWinkle, noting the novelty single Under Pressure (Ice Ice Baby) topped charts overseas while his 20-year-old debut album To The Extreme sold one million copies last year.

"I'm totally shocked about it myself."

It came as VanWinkle returns to the spotlight on both sides of the pond — as a contestant on the televised celebrity competition Dancing on Ice, in the U.K., and as a rock star home renovator on DIY Network Canada this weekend.

It's been more than 20 years since VanWinkle released his breakout single, and although he still tours (last fall he hit South Africa with MC Hammer and SNAP) he's reinvented himself several times as a jet ski racer, sports retailer and motocross aficionado.

Throughout, he says he also fashioned himself into a pretty savvy property expert, developing his own home building company, mortgage company and a real estate company.

VanWinkle estimates he's flipped 100 houses over the past 15 years.

His new TV show, The Vanilla Ice Project, is a far cry from the outrageous shenanigans of his 2004 reality series, The Surreal Life.

The first episode shows VanWinkle and his crew arriving at an abandoned six bedroom, 650-square-metre lakefront mansion in Palm Beach, Fla., assessing the damage and coming up with a plan to add "the rock star touch."

He says he just sold the property two weeks ago for $150,000 over the appraised value.

"I did great," he says, slipping easily into a quick lesson on short sale foreclosures and tax lien properties.

The Vanilla Ice Project debuts on DIY on Sunday. DIY Network Canada will be on free preview throughout February.

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David among Goliaths

Arcade Fire find themselves going up against giant acts at Grammy's
Bookies see their odds improving

HANDOUT/THE ASSOCIATED PRESS

▶ Arcade Fire will be competing against the likes of Eminem and Lady Gaga for album of the year at this weekend's Grammy Awards.

It's certainly been a while since the Arcade Fire has been cast as the underdog.

The Montreal rockers' third album, The Suburbs, surfed a tide of critical superlatives to hit No. 1 on the chart in countries around the world upon its release last summer. Headlining gigs at Madison Square Garden followed, as well as a memorable performance on Saturday Night Live and the announcement of more high-profile gigs, including a marquee spot at this spring's Coachella Festival.

"I actually looked at the London bookie numbers and we have nine-to-two odds of winning."
WILL BUTLER

The little band that could suddenly didn't seem so little. Three nominations at this weekend's Grammys followed, including a nod for the evening's top prize: album of the year.

However, up against the likes of leading nominee Eminem, Katy Perry, Lady Gaga and country stars Lady Antebellum, Arcade Fire once again look every bit the upstart challenger — the David among Goliaths, as Entertainment Weekly called them in a recent issue.

But the band isn't having it. They think they have a shot at winning.

"We definitely have a chance," said multi-instrumentalist Will Butler in a recent telephone interview.

"I actually looked at the London bookie numbers and we have nine-to-two odds of winning.

"They take their gambling pretty seriously. I checked when we were first nominated and we had a 10-to-one shot. I guess we're on the move."

That has certainly been the case for the past year, one in which Arcade Fire cemented its status as one of the top rock bands in the world.

For the record, as of Tuesday, Sportsbook.com listed Arcade Fire as having a four-to-one shot at claiming the album of the year award, tied with Gaga. Eminem, the evening's top nominee with 10 nods, is the favourite.

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5 anti-Valentine's flicks

Everyone watches the standard romantic comedies on Valentine's Day, so why not try something a bit different ◗ Romance and loves comes in all shapes and sizes in Hollywood

Anyone can run out and rent a romantic comedy starring Julia Roberts for Valentine's Day. Anyone can stream the latest innocuous offering from Drew Barrymore — or Jennifer Aniston, or Kate Hudson.

But it requires real guts to sit down with that special fellow or lady in your life and take in one of these massively uncomfortable choices. So here, without any needless flowery language, are the five most inappropriate movies to watch with someone you love on Valentine's Day.

THE ASSOCIATED PRESS

1
Blue Velvet (1986)

Nothing is ever what it seems in a David Lynch movie, and that certainly applies to love, as well. So a severed ear found lying in a field is so much more than just a severed ear — it's the key to a disturbing, underground world of twisted romance. Beneath a veneer of genteel suburbia, Kyle MacLachlan gets sucked into the bizarre lives of Dennis Hopper as a nitrous oxide-addicted criminal, and Isabella Rossellini as his masochistic sexual slave. Voyeurism and depravity, Roy Orbison and Pabst Blue Ribbon all collide hypnotically here. Lynch alternates between glib satire and a much darker, starker exploration of secret fears and desires.

2
Natural Born Killers (1994)

Woody Harrelson and Juliette Lewis fall in love and kill people, and fall deeper in love and kill more people, and become media darlings in the process.

It's sort of romantic ... in its own way. Oliver Stone isn't exactly subtle in his satirical exploration of underserved fame and all its trappings; as is his tendency, he throws everything at us, from various film stocks and frenetic camera angles to an editing style that suggests he cut the film in a Cuisinart. But he was onto something back then, and the thirst for juicy scandal continues to go unquenched, no matter how questionable a person's actions are.

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PHOTO: MICHAEL SLOBODIAN

3
Fatal Attraction (1987)

It's long since become a shorthand for stalking — for crazy, clingy women who are too delusional to take "no" for an answer. All you have to do is mention boiling a bunny and everyone knows what you're talking about.

But back in its day, believe it or not, people actually took this movie seriously as a suspenseful thriller. It was nominated for six Academy Awards, including best picture and best actress for Glenn Close's indelible performance as a spurned, vengeful mistress. If director Adrian Lyne's sleek, steamy film has taught us anything, it's that it is so much easier to stick with your husband or wife than indulge in an afternoon tryst. So maybe this is a good movie to see with the one you love after all.

4
Closer (2004)

Another from Nichols, this time adapting a London stage production by playwright-screenwriter Patrick Marber. But it's reminiscent of Virginia Woolf for its intense performances and raw emotions.

Jude Law, Natalie Portman, Clive Owen and, yes, Julia Roberts fall giddily in love with each other, but don't be fooled: This is the furthest thing possible from a date movie.

These inordinately beautiful people do extraordinarily ugly things to one another — Portman, playing a stripper in her first truly grown-up role, commits some of her offences in little more than a G-string — and the way they destroy each other and themselves is both brutal and breathtaking to watch.

5
Who's Afraid of Virginia Woolf? (1966)

Richard Burton and Elizabeth Taylor chew up the scenery and tear each other apart as the boozy and bickering husband and wife George and Martha. In adapting Edward Albee's painfully honest play, director Mike Nichols burst onto the scene with this, his first feature (The Graduate came the following year).

He gets up close and personal to provide an intimate view of the carnage. Burton and Taylor start out slyly needling each other in front of their poor, unsuspecting guests, then humiliating each other, and by the end, they're threatening all-out war. That they were married to each other in real life — for the first time — only added to the intrigue. Nominated for 13 Academy Awards, it won five, including best actress for Taylor's scathing performance.

There will be no revenge, but Helms is a nerd

Funny man Ed Helms on his first role as a leading man Why he likes to play nerds (hint: he is one)

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HANDOUT

▶ There is no denying it — Ed Helms is a nerd.

Ed Helms would have you believe that he's nothing like the sweetly innocent nerds he's played in The Hangover, The Office and most recently in Miguel Arteta's Cedar Rapids. But as he gets settled into a hotel room on New York's Fifth Avenue, jumping up to open all the shades to let sunlight in, it's obvious that he's every bit the loveable geek that he plays on the big and small screens.

"I had a heart condition as a teenager and my doctor was like, 'If you ever do cocaine, you could die,' so that instantly sealed my fate as a nerd," says Helms.

He's referencing a scene in Cedar Rapids where as button-up insurance agent Tim Lippe, he finds himself at a backwoods meth party. Tim's an earnest, sheltered man whose trip to an insurance convention in the titular location is nothing short of an emotional and intellectual awakening. It's that unworldly naivety that draws Helms to these sorts of characters.

"I am a genuinely naïve person," Helms says sarcastically. "No, I don't think I mean as much as Tim Lippe, although I wish I did more often. But I envy that idealism and optimism. Tim has such faith in people and most of us who have been around for a while have lost a bit of that."

But is the real Ed Helms anything like, say, his character Andy "Nard-dog" Bernard from The Office? The two share a love of a capella, after all.

"Oh you're trying to get at me, like who am I compared to these guys?" he asks. "Well I think like a lot of people, I try to do the right thing most of the time but I mess up a hell of a lot and maybe sometimes I don't try hard enough."

Ed Helms

One person who is trying hard is the Nard-dog, whom Helms says would be eager to take over Michael Scott's role at Dunder-Mifflin once Steve Carrell leaves The Office at the end of this season.

Quote "I know Andy is desperate to replace Michael Scott but what I want is for Andy to be in the most frustrating predicament possible because that's usually where he's the funniest," he says. "I know that Andy wants the job, but so do a lot of people in that office. I'm not really worried about how things are going to shake out because I think it will be fun for everybody."

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Miller and Law off-again, again

Source says stars ending their seven year relationship Is it for good?

Jude Law and Sienna Miller have split after seven years of on-again, off-again status, according to Hollyscoop.

"It is mutual and amicable, and they are still friends," a source says. "It was an entirely an end-of-the relationship decision. It had run its course."

And while the pair had recently been apartment shopping and courting wedding rumors, even Law's rep acknowledges that the union is done.

"I can confirm that Jude Law and Sienna Miller are no longer in a relationship."

METRO

Miley dating co-star?

Miley Cyrus is reportedly getting close with her latest co-star, actor and former rugby player Josh Bowman, who previously dated Amy Winehouse, according to People magazine.

"They're definitely dating. It's legit," a source says, though another source close to the former Hannah Montana star begs to differ.

"Miley is single. They're not dating. They're just friends." METRO

Aniston insists she is very happy

Jennifer Aniston says she's well aware of what people's biggest misconception of her is — that she is somehow unhappy.

"That I'm unhappy. I'm really happy. Really," she tells People magazine.

The former Friends star is getting a little tired of the public's expectations for her personal life.

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," she says.

"And I just want to say, 'Everybody, relax! It's going to happen.'"

METRO

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen"
JENNIFER ANISTON

Talking points

looks to bounce back

PEOPLE After her embarrassing gaffe at the Super Bowl, Christina Aguilera is banking on a tribute to Aretha Franklin at the Grammys this weekend to provide her with a little redemption, according to Popeater.

"This is a huge night for Christina, so she's leaving nothing to chance," a source says. "All the lyrics to her number will be in a TelePrompter at the event so it will be almost impossible for her to mess up again.

METRO

Olivia goes back into the Wilde

PEOPLE After eight years of marriage, Olivia Wilde and Italian prince Tao Ruspoli have called it quits, according to People magazine.

The couple married when Wilde was still in her teens.

"They have been living apart after trying for quite some time to make their relationship work," a source says of the couple.

Wilde's rep confirmed the split but did not provide further details.

METRO

Celebrity tweets

Howard Stern [@Howard-Stern] I'm liking twitter. Just filed the papers to divorce my face book.

Stephen Fry [@stephenfry] Amazing how many of you failed to see the letter "i" in the word recital.... tsk tsk

Sandra Bernhard [@SandraBernhard] up in london press day, might swing by manolo blahnik and say hi to kids. nab a pair of heels duckey!

Tom Arnold [@TomArnold] Enough piling on...I think it's time we leave @lindsaylohan alone!

METRO

Perry looking for marriage counsellor

PEOPLE Katy Perry is enjoying success as a singer at the moment, but she says her marriage to Russell Brand takes precedence.

"I think some people will die on the stage, and I'm not so sure I want to do that. Like, I want to have kids," Perry tells Elle magazine.

"I'm totally fine with saying that. I think some people are scared because they're worried it's going to ruin their career, but I want to live a full life."

But first, she and her new husband may have some issues to address, according to a source who tells Life & Style that Perry "started asking friends to recommend a marriage counsellor" while planning for her upcoming tour.

METRO

New York Fashion Week kicks off today, igniting a calendar of garment-geared events throughout the world ◆ Get to know the dames you'll be dealing with as the month-long haute-couture onslaught begins

A guide to fashion's five ferocious tribes

KENYA HUNT
METRO WORLD NEWS

CONTRIBUTED

▶ Tavi

THE BLOGGERATI

Most popular members: Bryanboy, Tavi, Garance Doré, Jak & Jil's Tommy Ton, Hanneli Mustaparta
Key traits: A fun-loving crew, the bloggers are like one big group of friends rather than competitors. They're the ones who are actually smiling and having fun at the shows, partly because they're just happy to be there.
Where to spot them: On the street waiting for a show to end or in the front row.
Tribes-within-a-tribe: The street-style bloggers, who take pictures of others, versus the personal-style bloggers, who take pictures of themselves.

MAURIZIO MAULE

▶ Anna Wintour

THE EDITRIXES

Most popular members: Anna Wintour, Franca Sozzani, Suzy Menkes, Cathy Horyn, Robin Givhan, Anna dello Russo
Key traits: The designers set the trends, but these powerful women influence whether or not everyday shoppers will buy them.
Where to spot them: Sitting expressionless at the centre of the front row, usually being interviewed, videotaped and photographed by a throng of reporters and cameramen.
Tribes-within-a-tribe: The magazine editors wield a different kind of power from the newspaper writers, and there isn't a whole lot of mixing between the two.

GETTY IMAGES

▶ Lindsey Wixson

THE RUNWAY STARS

Most popular members: Freja Beha Erichsen, Karlie Kloss, Joan Smalls, Rose Cordero and Lindsey Wixson
Key traits: They're the impossibly tall, leggy peripatetic creatures travelling in twos and threes between shows with their runway hair and makeup still on.
Where to spot them: Running out of the backstage entrance at any show venue into a waiting taxi or chauffeured car.
Tribes-within-a-tribe: There are the girls of the moment and then there are the new arrivals, the young, new-on-the-scene girls who are hoping to get there.

GETTY IMAGES

▶ Natalie Massanet

THE RETAIL QUEENS

Most popular members: Net-A-Porter Natalie Massenet, Lane Crawford's Sarah Rutson, Liberty of London's Yasmin Sewell and Harrods' Marigay McKee
Key traits: They usually have the nicest chauffeured cars and most of-the-moment accessories.
Where to spot them: Heading into a show with a trail of street style photographers hot on their embellished, colour blocked designer heels.
Tribes-within-a-tribe: These days, the women and men behind the e-commerce sites, such as Net-A-Porter and ASOS, are becoming more high-profile.

GETTY IMAGES

▶ Karla Otto

THE PUBLICISTS

Most popular members: Karla Otto, BPCM's Vanessa Bismarck and People's Revolution's Kelly Cutrone
Key traits: A clipboard in hand, an earphone cord around the neck and an extremely low tolerance for bollocks.
Where to spot them: Cutting that gate crasher down to size.
Tribes-within-a-tribe: Fashion publicists the world over are a tough breed, but the New York tribe is especially scary.

3 life

The connection

THE PUBLICISTS: (Kelly Cutrone)

Having dinner at Da Giacomo in Milan, aka the fashion cafeteria

THE EDITORS: (Robin Givhan)

Front row at the Marc Jacobs show in New York

A showroom appointment to "re-see" that Celine collection in Paris

THE BUYERS: (Yasmin Sewell)

Jewellery made to inspire her beyond Valentine's Day.

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beatymuseum.ubc.ca

NYFW newbies

Introducing New York Fashion Week's newest talents

CONTRIBUTED

THE LAKE AND STARS

What to expect: Lingerie and swimwear duo Nikki Dekker and Maayan Zilberman have been a cult favourite for a while now thanks to their undergarments that are so contemporary and cool that they demand to be shown off. But with an Ecco Domani award in the bag, they'll surely be broadening their fanbase.
thelakeandstars.com

CONTRIBUTED

KINDER AGGUGINI

What to expect: Already a fashion darling in London, Aggugini is finally crossing the waters over to New York. He worked for Vivienne Westwood and John Galliano and describes his own line as "Coco Chanel marries Sid Vicious." That means you can expect nothing other than heaps of attitude and hopefully a little bit of provocation.
aggugini.com

CONTRIBUTED

JOY CIOCI

What to expect: Cioci's impeccable resumé leaves a very narrow margin for mistakes – not that we're expecting any. Clean, feminine, modern and fresh, her style reflects her time spent at luxury brands Nina Ricci, Gucci and Carolina Herrera.
joycioci.com

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In the frozen north, Valentine's Day requires an extra measure of resourcefulness ◗ Conjure blissful schemes to get snuggly with your sweetie

GIFTS FOR HER

Sweets for your sweet
It's a classic: A Red Velvet Heart box from Canada's own Rogers Chocolates ($49.99, rogerschocolates.com for locations). If you're feeling inspired, hide a hand-written love note under all the pleated paper cups.

Valentines, Vegas-style
Can't make it to Vegas, baby? Have a swinging Valentines at home with Playboy Play it Sexy eau de cologne ($25, major drug stores) and these frou frou delicates from La Vie en Rose (heart print bra, $32.95; thong $15.95, lavieenrose.com).

Pampered princess
For the product junkie, stuff a cute heart-adorned wristlet ($7.99, Quo at Shoppers Drug Mart) with the latest pink and red beauty treats: Physician's Formula Happy Booster blush ($15.99) and Essie nail colour in Silken Cord ($9.99), both available at major drug stores nationwide.

Share the love
This beautiful artisan-crafted Maasai glass bead ring from Me To We adorns your loved one's finger and provides alternative income in a developing community (Maasai Heart Ring sold as a set with Penda Love Chain glass bead necklace for $21.99, at metowe.com).

SUGGESTIONS BY LIZA HERZ

3 VALENTINE GIFTS FOR TWO

La dolce vita
Romantic couples get down for some fireside picnicking on this Grossby sheepskin rug (Ikea, $189). Add some cheese and a bottle of red and you're set.

Cottage in the woods
A cottage, two pairs of snowshoes and an intimate "après ski" by a roaring fire might just be Cupid's Ultimate Canuck Getaway.

Coffee time
Stay at home, curl up with a good book and create your favourite café ambience. We suggest Nescafé Dolce Gusto Circolo by Krups ($179.99).

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Wondering what to get that special guy in your life? Wonder no more

GIFTS FOR HIM

Touch me
A Be Mine gift box from Lush ($44.95) makes your intentions plain. It contains an assortment of heavenly bath products and a massage bar that you can show him how to use. Add sexy silk boxers ($10, Wal-Mart) because men need pampering too.

Cool runners
Runners don't care that it's cold out, as long as they have a stretch of clear road to cover. Give your guy a pair of super-comfortable and supporting Nike Free Run+ shoes ($119.95, nike.com) and a subscription to Canadian Running (runningmagazine.ca).

Mad men
He's your own Don Draper, so gift him with a bottle of Canada's own whisky (Wiser's, $24.45) and all the accoutrements (ice bucket, rocks glass). If you want to dress up in a tight skirt and heels to complete the mood, so much the better.

Smooth operator
Present him with a playlist of romantic tunes on a new iPod nano ($159, Wal-Mart), and slip in a song written and performed by you! That's right. You don't have to be Lady Gaga to croon and whisper a heartfelt love pledge, sung a capella.

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Advertorial
Authentic Indian Dining Experience
New a la carte Menu
Just in time for a Valentine's Day treat, New India Buffet and Restaurant introduces an a la carte dinner menu. New India features an outstanding menu with an original taste of India in a cozy atmosphere offering stellar floor to ceiling views of the city and north shore.
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Home is for the heart

Take a break from the chocolates and roses this year and instead focus on your lover's living quarters

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Finding a way to show your love to your sweetheart can be very stressful on Valentine's Day, so why not forgo the chocolates or roses and create a romantic environment for the one you love?

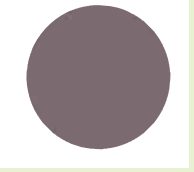
Special decor touches of colour, texture and whimsy can bring heart-thumping feelings all year long. Here are a few sexy yet personal home goods that are sure to lift your love of everything decor.

Flicker of love
The Island Nights candle is one of the most sensually scented candles, with orchids, orange, musk and jasmine.

Tip: the coral sleeve makes a fabulous bottle coaster when the candle is long gone, and the amethyst glass container would be stylish on a desk as a pencil holder. $47, crabtreeevelyn.com

Luscious Lips
Is there anything that makes more of a statement? I'd use this sexy sofa as a banquette by placing a stylish dining table near it.

A sofa with such personality is the star of the room. Other furnishings should be simpler in design and colour. A modern square-shaped chair in dark grey will make the sofa stand out even more. $1,500 includes delivery. sexyfurnishings.com



Sexy Walls
Painting the wall behind a bed or sofa can add much needed pizzazz to an all neutral, boring room. Surprise your loved one with the gift of a focal wall this Valentine's Day. The perfect colour of love is Bon Nuit AF635 from Benjamin Moore Paints. This murky purple tone looks great with almost any colour, especially the popular chocolate browns and greys. benjaminmoore.ca

A glitter in your eye
Cool chrome and red acrylic droplets create a splashy light fixture in a foyer or over a dramatic dining table.

Red means love. Hang it low (about four-to-five feet off the floor) over a corner table for a modern focal point in the living room. $299, Euphoria Chandelier. homedepot.ca

A piece of me
Just a bit of body fluid, a kiss or fingerprint and look what you can give him? Your DNA makes personalized art. Go for bold and go big!

Large art is a great way to give big impact to a small space whether it be your lips or finger prints. From $100. canvaspop.com

Tech Treats
Treat him to the ultimate docking station for i-fetish items. The BeoSound8 is the perfect blend of style and sound.

Beware: one piece of B&O technology often leads to another ... you may be creating a style-tech obsession for him! $1090, Bang & Olufsen. bang-olufsen.com

Under The Tuscan Sun
Treat her to an exclusive girl's week in Tuscany with designer and television personality Debbie Travis. She's guaranteed to come home with a million ideas to make the home more romantic. Remember: a trip for her is also a vacation for you, and you'll be the hero. From $4,700 (plus air). debbietravis.com

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A dinner that will brighten your plate

Add colour to your table with burgers & bulgur

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This time of year may bring you down, with cold days and long nights leaving you longing for spring to get here — now.

Even though you might not have the barbecue handy (because it's covered with snow!), you can still enjoy burgers.

These turkey burgers are lean and full of fresh ginger, coriander and garlic to keep you humming a tasty tune right into spring.

As a side dish, bulgur is a great grain to enjoy hot or cold. In a salad full of crunch and colour, it's a big winner.

FLICKR: AMICHIGANMOM

▶ Serve these patties on buns or enjoy them on their own.

Preparation:

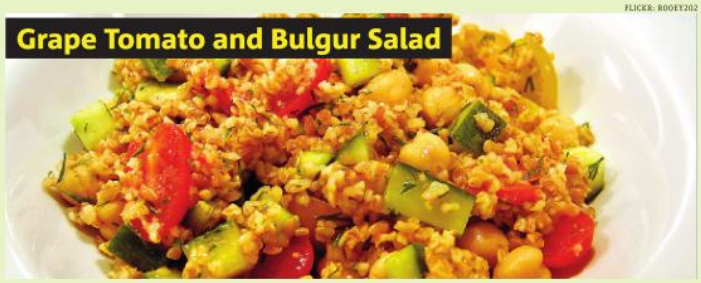
1. In a bowl, whisk together egg and soy sauce. Stir in onions, garlic, ginger, coriander, breadcrumbs and pepper. Add turkey and, using your hands, mix turkey into egg mixture until evenly distributed. Shape into 4 patties that are about ½ inch (1 cm) thick.
2. Place patties in a non-stick skillet over medium-high heat; cover and cook for about 15 minutes, turning once.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 egg, lightly beaten
- 2 tbsp (25 mL) sodium reduced soy sauce
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) minced fresh ginger
- 1/3 cup (75 mL) chopped fresh coriander leaves
- 1/3 cup (75 mL) dry breadcrumbs or crushed crackers
- ¼ tsp (1 mL) pepper
- 1 lb (500 g) extra lean ground turkey or chicken

FLICKR: ROOEY202



This colourful vegetarian salad will push the winter blahs away. Bulgur is a healthy grain that will give you a new side dish option. It's easy to cook and even easier to eat.

Preparation:

1. In saucepan, bring water and 1/2 tsp (2 mL) of the salt to boil. Add bulgur, reduce heat and simmer for 2 minutes. Cover and remove from heat and let stand for 15 minutes. Fluff with fork.
2. Meanwhile, in small pot of boiling salted water, cook snow peas and carrots for about 1 minute or until tender crisp. Drain and rinse under cold water. Place in large bowl with tomatoes and cucumber. Add cooked bulgur.
3. Pesto Dressing: In bowl, whisk together oil, vinegar, pesto, garlic, mustard, salt and pepper. Pour over bulgur mixture and toss to coat. Add mint and toss to combine.

Ingredients:

- 3 cups (750 mL) water
- 3/4 tsp (4 mL) salt
- 1 1/2 cups (375 mL) medium bulgur
- 1 cup (250 mL) snow peas, cut in half
- 1/2 cup (125 mL) diced carrots
- 2 cups (500 mL) grape tomatoes, halved
- 1 cup (250 mL) diced cucumber

Pesto Dressing

- 3 tbsp (50 mL) extra-virgin olive oil
- 3 tbsp (50 mL) balsamic vinegar
- 2 tbsp (25 mL) prepared pesto
- 1 clove garlic, minced
- 2 tsp (10 mL) Dijon mustard
- 1/4 tsp (1mL) pepper
- 1/2 cup (125 mL) chopped fresh mint

Leafs acquire Lupul from Ducks

Brian Burke is rolling the dice again.

In acquiring forward Joffrey Lupul from Anaheim yesterday, the Toronto Maple Leafs general manager hopes he's added a highly motivated player that has put a major injury behind him. Even he acknowledges that it's far from a sure thing.

"There's a human element in all of this," said Burke. "You bet on people every time you make a trade. If this were just buying cars or buying livestock it would be a lot easier. But we're betting on human beings.

"I bet on Joffrey Lupul because of his character and his skill level and I believe he thinks he has something to prove."

Burke parted ways with defenceman Francois Beauchemin in the trade and also added prospect Jake Gardiner — a first-round selection in 2008 — and a conditional draft pick in 2013.

The deal sees Toronto assume salary because Lupul will earn $4.25 million US over the next two years while Beauchemin has one year remaining on his deal at $3.8 million.

"He may be overpaid for what he does now," Burke said of Lupul. "That's OK, that's not the player's fault. When the player's overpaid, one of us (GMs) made a mistake." THE CANADIAN PRESS

BRUCE BENNETT/GETTY IMAGES

▶ Joffrey Lupul

Ducks put an end to Canucks' streak

DARRYL DYCK/THE CANADIAN PRESS

▶ Anaheim's Curtis McElhinney stops Henrik Sedin during the first period last night.

Vancouver's first regulation loss since Jan. 16 in Minnesota

DUCKS	CANUCKS
4	3

Bobby Ryan scored two goals, including the winner, as the Anaheim Ducks beat the Vancouver Canucks 4-3 last night.

Anaheim (30-21-4) ended league-leading Vancouver's win streak at five games.

Jason Blake and Brandon McMillan also scored for the Ducks, who won their fourth straight road game. Teemu Selanne added two assists, including one on Ryan's winning tally.

Daniel Sedin, Alex Burrows and Ryan Kesler replied for the Canucks, who lost at home for the first time since a Jan. 22 shootout setback to Calgary.

The Canucks (35-11-9) outshot the Ducks 37-24. Anaheim backup goaltender Curtis McElhinney recorded 33 saves for his second straight win in place of starter Jonas Hiller, who has been placed on injured reserve suffering from fatigue. THE CANADIAN PRESS

Good news

The news on defenceman Keith Ballard isn't as bad as the Vancouver Canucks expected.

▶ An MRI has shown Ballard has a sprained medial collateral ligament in his right knee and could miss three to four weeks. The original fear was Ballard had suffered severe damage to the knee when he injured it in Monday's 4-2 win over the Ottawa Senators.

4 sports

Quoted

"It was the worst hit I've ever had from behind. I wasn't surprised, not when you see (Cooke) in the highlights all the time for dirty hits."

COLUMBUS DEFENCEMAN FEDOR TYUTIN AFTER BEING HIT BY PITTSBURGH'S MATT COOKE TUESDAY NIGHT.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	53	35	13	2	3	180	137	75	18-7-0-2	17-6-2-1	8-2-0-0	W2
d-Tampa Bay	55	33	17	3	2	168	169	71	18-6-1-1	15-11-2-1	7-3-0-0	L1
d-Boston	54	31	16	2	5	169	125	69	15-10-1-2	16-6-1-3	7-3-0-0	W1
Pittsburgh	55	34	17	2	2	165	126	72	19-10-1-0	15-7-1-2	7-3-0-0	L2
Washington	55	29	16	5	5	150	136	68	17-6-2-5	12-10-3-0	5-2-1-2	L1
Montreal	55	30	20	4	1	145	139	65	18-7-3-1	12-13-1-0	5-3-1-1	L2
NY Rangers	56	29	23	2	2	155	138	62	12-12-1-2	17-11-1-0	3-6-0-1	L5
Carolina	54	26	21	3	4	161	167	59	14-9-1-1	12-12-2-3	4-5-1-0	L1
Atlanta	56	24	22	4	6	162	183	58	12-11-1-4	12-11-3-2	2-5-1-2	L4
Buffalo	52	25	22	5	0	152	153	55	12-12-1-0	13-10-4-0	7-3-0-0	W2
Florida	53	23	24	2	4	141	143	52	11-9-2-3	12-15-0-1	2-4-1-3	L1
Toronto	54	23	26	2	3	143	169	51	13-11-2-2	10-15-0-1	5-5-0-0	W2
New Jersey	54	20	30	3	1	116	156	44	11-13-2-1	9-17-0-1	8-1-1-0	W2
Ottawa	55	17	30	5	3	121	183	42	9-15-2-2	8-15-3-1	0-8-1-1	L11
NY Islanders	53	17	29	3	4	131	174	41	9-13-1-3	8-16-2-1	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	55	35	11	4	5	186	131	79	19-4-1-4	16-7-3-1	6-1-1-2	L1
d-Detroit	54	32	16	4	2	177	160	70	16-8-3-1	16-8-1-1	5-5-0-0	L1
d-Dallas	54	30	18	2	4	154	153	66	16-7-2-3	14-11-0-1	4-5-1-0	L4
San Jose	55	30	19	4	2	155	146	66	13-10-2-1	17-9-2-1	9-0-0-1	W5
Nashville	55	29	19	4	3	145	130	65	12-5-3-3	17-14-1-0	5-4-0-1	W1
Phoenix	56	28	19	6	3	159	158	65	12-10-3-2	16-9-3-1	5-5-0-0	W3
Anaheim	55	30	21	2	2	150	153	64	17-8-0-1	13-13-2-1	7-3-0-0	W2
Calgary	56	28	21	2	5	162	163	63	16-9-0-2	12-12-2-3	8-1-0-1	W2
Minnesota	53	28	20	1	4	138	140	61	13-11-0-2	15-9-1-2	7-3-0-0	W1
Los Angeles	53	29	22	1	1	150	129	60	17-9-1-0	12-13-0-1	6-3-0-1	W2
Chicago	54	28	22	2	2	172	151	60	16-13-0-0	12-9-2-2	5-4-0-1	W1
Columbus	54	26	23	3	2	147	166	57	13-13-0-1	13-10-3-1	5-3-1-1	L1
St. Louis	52	24	20	4	4	140	154	56	16-8-1-2	8-12-3-2	4-4-2-0	W1
Colorado	54	25	23	6	0	166	178	56	14-13-3-0	11-10-3-0	3-7-0-0	L5
Edmonton	54	16	30	1	7	134	184	40	7-15-1-3	9-15-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last nights results
Calgary 5 Ottawa 2
Boston 8 Montreal 6
Chicago 4 Edmonton 1
Minnesota 3 Colorado 2
Nashville 4 Detroit 1
Phoenix 3 Dallas 2 (OT)
San Jose 3 Columbus 2
Anaheim 4 Vancouver 3
Tuesday's results
Toronto 5 N.Y. Islanders 3
San Jose 2 Washington 0
Columbus 4 Pittsburgh 1
New Jersey 3 Carolina 2 (OT)
St. Louis 2 Florida 1
Buffalo 7 Tampa Bay 4
Tonight's games
New Jersey at **Toronto**, 7 p.m.
Carolina at Philadelphia, 7 p.m.
Los Angeles at Pittsburgh, 7 p.m.
N.Y. Islanders at Montreal, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.

BRUINS 8, CANADIENS 6

First Period
1. Boston, Marchand 15 (Bergeron, Recchi) 13:16
2. Boston, Seidenberg 5 (Horton) 13:28
Penalties — Moen Mtl, Lucic Bos (cross-checking) 13:28, Gomez Mtl (tripping) 14:26, Pacioretty Mtl (interference) 19:31, Moen Mtl (misconduct), Price Mtl (roughing; served by Pyatt), Lucic Bos (roughing, roughing) 20:00.
Second Period
3. Montreal, Gionta 20 (Plekanec, Wisniewski) 0:25
4. Montreal, Subban 7 (Gionta, Plekanec) 8:30 (pp)
5. Boston, McQuaid 1 (Horton, Lucic) 9:48
6. Montreal, Weber 1 (Darche) 11:01
7. Boston, Ryder 15 (Wheeler, Hamill) 11:32
8. Boston, Lucic 22 (Horton, Krejci) 12:31
9. Montreal, Desharnais 4 (Subban, Weber) 12:48 (pp)
10. Boston, Lucic 23 (Krejci, Horton) 14:49 (sh)
Penalties — Horton Bos (hooking) 7:32, Gionta Mtl (roughing, roughing), Wisniewski Mtl, Pacioretty Mtl, Recchi Bos, Chara Bos, Kampfer Bos (roughing), Price Mtl (leaving the crease, fighting; served by Hamrlik), Thomas Bos (leaving the crease, fighting; served by Bergeron), Marchand Bos (charging, roughing) 12:36, Kampfer Bos (cross-checking) 17:52.
Third Period
11. Montreal, Pacioretty 7 (Wisniewski) 7:06 (pp)
12. Boston, Ryder 16 (Seidenberg, Kampfer) 10:01 (pp)
13. Boston, Horton 14 (Krejci) 14:54
14. Montreal, Pacioretty 8 (Desharnais, Weber) 19:46 (pp)
Penalties — Spacek Mtl, Thornton Bos (fighting, game misconduct), Moen Mtl, Pyatt Mtl (fighting) 0:40, Horton Bos (tripping) 6:40, Desharnais Mtl (interference) 8:06, Pouliot Mtl, Krejci Bos (fighting), Subban Mtl, Lucic Bos (misconduct), Horton Bos (cross-checking) 17:06, Moen Mtl, Ference Bos (fighting), Boychuk Bos (fighting, game misconduct), Thornton Bos (roughing) 19:19, Ference Bos (fighting) 19:31, Thornton Bos (fighting), McQuaid Bos (roughing, roughing) 19:35, Hamrlik Mtl (fighting, game misconduct) 20:00.

Shots

Montreal	8	16	9—33
Boston	18	11	5—34

Goal — Montreal: Price (L,26-18-5); Boston: Thomas (W,26-6-6). **Power plays (goals-chances)** — Montreal: 4-10; Boston: 1-5.
Referees — Don Van Massenhoven, Brian Pochmara.
Linesmen — Michel Cormier, Brian Murphy.
Att. — 17,565 (17,565) at Boston.

BLACKHAWKS 4, OILERS 1

First Period
1. Chicago, Sharp 27 (Toews) 10:41
Penalties — Edmonton bench (too many men; served by Omark) 12:56, Foster Edm (holding) 15:17.
Second Period
2. Chicago, Bickell 13, 5:14
Penalties — Vandermeer Edm (hooking) 1:44, Gagner Edm (hooking) 10:50.
Third Period
3. Chicago, Kane 16 (Kopecky, Toews) 4:15 (pp)
4. Edmonton, Eberle 11 (Vandermeer, Hall) 16:20
5. Chicago, Kane 17, 19:17 (Empty net)f
Penalties — Smid Edm (high-sticking) 1:38, Vandermeer Edm (tripping) 3:55, Cogliano Edm, Peckham Edm (misconduct) 4:15, Toews Chi (holding) 9:50, Johnson Chi (kneeing) 11:35.

Shots

Chicago	10	12	4—26
Edmonton	4	12	8—24

Goal — Chicago: Crawford (W,17-11-2); Edmonton: Dubnyk (L,6-6-6). **Power plays (goals-chances)** — Chicago: 1-6; Edmonton: 0-2.
Referees — Francois St. Laurent, Kelly Sutherland.
Linesmen — Ryan Galloway, Derek Nansen.
Att. — 16,839 (16,839) at Edmonton.

FLAMES 5, SENATORS 2

First Period
1. Calgary, Jackman 8 (Hagman, Regehr) 8:40
2. Ottawa, Kelly 12 (Ruutu, Kuba) 9:17
3. Ottawa, Campoli 3, 10:21
Penalties — Ruutu Ott (goaltender interference) 1:41, Neil Ott (roughing) 14:07, Giordano Cal (holding the stick) 17:01, Kovalev Ott (misconduct) 20:00.
Second Period
3. Calgary, Jokinen 10 (Glencross, Babchuk) 13:42 (pp)
4. Calgary, Glencross 15 (Jokinen, Babchuk) 17:44
Penalties — Giordano Cal (hooking) 1:39, Butler Ott (goaltender interference) 12:11.
Third Period
4. Calgary, Babchuk 7 (Regehr) 8:36 (pp)
5. Calgary, Jackman 8 (Iginla, Morrison) 15:38 (pp)
Penalties — Ruutu Ott (interference) 7:24, Spezza Ott (hooking) 14:06, Sarich Cal (holding the stick) 16:22.

Shots

Ottawa	12	7	7—26
Calgary	16	10	9—35

Goal — Ottawa: Lehner (L,1-3-0); Calgary: Kiprusoff (W,24-18-3). **Power plays (goals-chances)** — Ottawa: 0-3; Calgary: 3-5.
Referees — Eric Furlatt, Chris Rooney. **Linesmen** — Don Henderson, Mark Wheler.
Att. — 19,289 (19,289) at Calgary.

DUCKS 4, CANUCKS 3

First Period
1. Anaheim, Blake 11 (Selanne, Lydman) 0:56
Penalty — Bieksa Vcr (roughing) 13:43.
Second Period
2. Anaheim, McMillan 6 (Sexton, Lilja) 3:26
3. Anaheim, Ryan 24 (Getzlaf, Perry) 4:12
4. Vancouver, D.Sedin 29 (Samuelsson, H.Sedin) 7:22 (pp)
Penalties — Kesler Vcr (holding) 1:06, Selanne Ana (tripping) 6:23.
Third Period
5. Vancouver, Burrows 15 (H.Sedin, D.Sedin) 5:42
6. Anaheim, Ryan 25 (Selanne) 6:10
7. Vancouver, Kesler 32 (D.Sedin, Bieksa) 19:39
Penalties — None.

Shots

Anaheim	13	6	5—24
Vancouver	10	10	17—37

Goal — Anaheim: McElhinney (W,5-5-1); Vancouver: Schneider (L,9-3-2). **Power plays (goals-chances)** — Anaheim: 0-2; Vancouver: 1-1.
Referees — Paul Devorski, Brad Meier. **Linesmen** — Shane Heyer, Jay Sharrers.
Att. — 18,860 (18,860) Vancouver.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON RED SOX — Agreed to terms with RHP Alfredo Aceves on a one-year contract and LHP Dennys Reyes on a minor league contract. Designated RHP Robert Coello for assignment.

NFL

ARIZONA CARDINALS — Named Ray Horton defensive coordinator.
ATLANTA FALCONS — Released S Erik Coleman. Re-signed LB Coy Wire to a two-year contract.
CLEVELAND BROWNS — Terminated the contracts of NT Shaun Rogers, LB Eric Barton, LB David Bowens, DL Kenyon Coleman, TE Robert Royal and OL John St. Clair.
INDIANAPOLIS COLTS — Named David Walker running backs coach and Devin Fitzsimmons coaching assistant.
NEW YORK JETS — Signed LB Brandon Long, LB Garrett McIntyre and K Nick Novak to reserve/future contracts.
SEATTLE SEAHAWKS — Signed DT Barrett Moen.
TENNESSEE TITANS — Named Bruce Matthews offensive line coach.

NHL

NHL — Suspended Pittsburgh F Matt Cooke four games and announced he will forfeit $87,804.88 for a charging incident involving Columbus D Fedor Tyutin during Tuesday's game. Suspended New Jersey D Anton Volchenkov three games and announced he will forfeit $68,548.38 for delivering a blow to the head of Carolina F Zach Boychuk during Tuesday's game.
CAROLINA HURRICANES — Recalled D Brett Carson from Charlotte (AHL) on an emergency basis.
DALLAS STARS — Activated C Tom Wandell from injured reserve.
NEW YORK ISLANDERS — Placed G Rick DiPietro on injured reserve. Recalled F Jesse Joensuu from Bridgeport (AHL).
OTTAWA SENATORS — Recalled F Bobby Butler and F Jim O'Brien from Binghamton (AHL).
TAMPA BAY LIGHTNING — Reassigned F Mattias Ritola to Norfolk (AHL).
TORONTO MAPLE LEAFS — Traded D Francois Beauchemin to Anaheim for F Joffrey Lupul, D Jake Gardiner and a conditional 2013 fourth-round draft pick.

SOCCER

INTERNATIONAL FRIENDLIES

Yesterday's results
Albania 1 Slovenia 2
Belgium 1 Finland 1
Cambodia 3 Macau 1
Cape Verde Islands 1 Burkina Faso 0
Croatia 4 Czech Republic 2
Cyprus 1 Romania 1
(Romania wins 5-4 on penalty kicks)
Denmark 1 England 2
Equatorial Guinea 2 Chad 0
France 1 Brazil 0
Germany 1 Italy 1
Israel 0 Serbia 2
Libya 3 Benin 2
Luxembourg 2 Slovakia 1
Macedonia 0 Cameroon 1
Malaysia 2 Hong Kong 0
Malta 0 Switzerland 0
Morocco 3 Niger 0
Mozambique 1 Botswana 1
Namibia 1 Malawi 2
Netherlands 3 Austria 1
Nigeria 2 Sierra Leone 1
Philippines 2 Mongolia 0
San Marino 0 Liechtenstein 1
Senegal 4 Guinea 0
South Africa 2 Kenya 0
Spain 1 Colombia 0
Swaziland 0 Zambia 4
Tanzania 1 Palestine 0
Turkey 0 South Korea 0
At Larissa, Greece
Greece 1 **Canada 0**
At Abu Dhabi, U.A.E.
Iran 1 Russia 0
At Dubai, U.A.E.
Azerbaijan 0 Hungary 2
At Amadora, Portugal
Guinea-Bissau 3 Gambia 1
At Antalya, Turkey
Belarus 1 Kazakhstan 1
Estonia 2 Bulgaria 2
Latvia 2 Bolivia 1
At Dublin
Northern Ireland 0 Scotland 3
At Faro, Portugal
Poland 1 Norway 0
At Geneva
Argentina 2 Portugal 1
At Lagos, Nigeria
Moldova 2 Andorra 1
At Limassol, Cyprus
Armenia 1 Georgia 2
At Nicosia, Cyprus
Ukraine 1 Sweden 1
(Ukraine wins 5-4 on penalties)
At Rouen, France
Republic of Congo 0 Gabon 2

CURLING

ONTARIO TANKARD CHAMPIONSHIP

Yesterday's Results
Fifth Draw
Mark Bice 8 Jake Higgs 7
Glenn Howard 7 Chris Gardner 1
Mark Kean 8 Greg Balsdon 5
Dale Matchett 8 Nick Rizzo2
Howard Rajala 10 John Epping 5
Sixth Draw
Mark Bice 10 Howard Rajala 9 (extra end)
Peter Corner 5 Jake Higgs 2
John Epping 9 Chris Gardner 7
Glenn Howard 9 Greg Balsdon 7
Nick Rizzo 9 Mark Kean 5
Seventh Draw
Peter Corner 11 Howard Rajala 8
Greg Balsdon 11 John Epping 6
Glenn Howard 10 Nick Rizzo 4
Dale Matchett 7 Mark Kean 2
Mark Bice 10 Chris Gardner 9 (extra end)
Tuesday's results
Third Draw
John Epping 8 Peter Corner 2
Mark Kean 9 Howard Rajala 5
Chris Gardner 12 Dale Matchett 5
Greg Balsdon 9 Nick Rizzo 5
Glenn Howard 11 Jake Higgs 2
Fourth Draw
Greg Balson 10 Dale Matchett 6
Peter Corner 8 Mark Bice 5
John Epping 9 Jake Higgs 3
Chris Gardner 5 Mark Kean 4
Glenn Howard 7 Howard Rajala 1

TENNIS

ATP SAP OPEN

At San Jose, Calif.
Yesterday's results
Singles — First Round
Singles
First Round
Fernando Verdasco (1), Spain, def. Rajeev Ram, U.S., 6-3, 6-2.
Ivo Karlovic, Croatia, def. Ryan Sweeting, U.S., 6-4, 6-4.
Robert Kendrick, U.S., def. Igor Kunitsyn, Russia, 7-5, 3-6, 6-4.
Second Round
Richard Berankis, Lithuania, def. Donald Young, U.S., 6-4, 5-7, 7-5.
Milos Raonic, Thornhill, Ont., def. James Blake, U.S., 6-2, 7-6 (4).

ATP ABN AMRO WORLD TOURNAMENT

At Rotterdam, Netherlands
Singles — First Round
Marcos Baghdatis, Cyprus, def. Andy Murray (2) Britain, 6-4, 6-1.
Mikhail Youzhny (6), Russia, def. Marcel Granollers, Spain, 6-2, 7-6 (6).
Feliciano Lopez, Spain, def. Florian Mayer, Germany, 6-3, 6-4.
Benoit Paire, France, def. Gilles Simon, France, 6-2, 2-6, 6-3.
Second Round
Marin Cilic, Croatia, def. Jurgen Melzer (5), Austria, 6-2, 6-4.
Jo-Wilfried Tsonga (8), France, def. Michael Llodra, France, 4-6, 6-4, 6-4.
Viktor Troicki, Serbia, def. Jarkko Nieminen, Finland, 7-6 (4), 7-5.

WTA OPEN GAZ DE FRANCE SUEZ

At Paris
Singles — First Round
Nadia Petrova (5), Russia, def. Virginie Razzano, France, 6-1, 6-3.
Andrea Petkovic (6), Germany, def. Angelique Kerber, Germany, 7-5, 3-6, 6-2.
Yanina Wickmayer (7), Belgium, def. Elena Vesnina, Russia, 7-6 (1), 6-2.
Sofia Arvidsson, Sweden, def. Alize Cornet, France, 6-2, 7-6 (5).
Second Round
Kim Clijsters (1), Belgium, def. Kristina Barrois, Germany, 4-6, 6-2, 6-0.
Dominika Cibulkova (8), Slovakia, def. Melanie Oudin, U.S., 6-4, 7-6 (5).

WTA PTT PATTAYA OPEN

At PATTAYA, Thailand
Singles
Second Round
Ana Ivanovic (2), Serbia, def. Jill Craybas, U.S., 4-6, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Maria Kirilenko (3), Russia, 1-6, 7-5, 6-4.
Roberta Vinci (5), Italy, def. Zhang Shuai, China, 7-5, 6-1.
Peng Shuai (6), China, def. Elena Baltacha, Britain, 2-6, 6-1, 6-4.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	6	4	2	.667	69	59	—
Buffalo	5	3	2	.600	53	50	½
Rochester	5	3	2	.600	49	54	½
Boston	7	4	3	.571	64	53	½
Philadelphia	6	3	3	.500	52	56	1

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	6	4	2	.667	71	69	—
Minnesota	5	3	2	.600	58	52	½
Washington	6	3	3	.500	69	72	1
Colorado	5	1	4	.200	47	51	2½
Edmonton	5	0	5	.000	44	59	3½

WEEK SIX
Friday's game
Washington at Edmonton, 9 p.m.
Saturday's games
Calgary at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Colorado at Boston, 7:30 p.m.
Minnesota at Rochester, 7:35 p.m.
Edmonton at Washington, 10:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	38	13	.745	—
d-Miami	38	14	.731	½
d-Chicago	35	16	.686	3
Atlanta	33	19	.635	5½
Orlando	34	20	.630	5½
New York	26	25	.510	12
Philadelphia	24	28	.462	14½
Indiana	22	28	.440	15½
Charlotte	22	30	.423	16½
Milwaukee	20	31	.392	18
Detroit	20	33	.377	19
New Jersey	16	37	.302	23
Washington	14	37	.275	24
Toronto	14	39	.264	25
Cleveland	8	45	.151	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	44	8	.846	—
Dallas	37	15	.712	7
d-L.A. Lakers	36	16	.692	8
d-Oklahoma City	33	18	.647	10½
New Orleans	32	22	.593	13
Utah	31	23	.574	14
Denver	30	23	.566	14½
Portland	28	24	.538	16
Memphis	28	26	.519	17
Phoenix	24	25	.490	18½
Houston	25	29	.463	20
Golden State	23	28	.451	20½
L.A. Clippers	20	32	.385	24
Minnesota	13	39	.250	31
Sacramento	12	37	.245	30½

d – division leader
Last night's results
Detroit 103 Cleveland 94
Indiana 104 Charlotte 103
New Jersey 103 New Orleans 101 (OT)
Orlando 99 Philadelphia 95
San Antonio 111 Toronto 100
Washington 100 Milwaukee 85
L.A. Clippers 116 New York 108
Chicago 91 Utah 86
Dallas 102 Sacramento 100
Golden State 116 Denver 114
Tuesday's results
Philadelphia 117 Atlanta 83
Orlando 101 L.A. Clippers 85
San Antonio 100 Detroit 89
Miami 117 Indiana 112
Milwaukee 92 Toronto 74
Memphis 105 Oklahoma City 101 (OT)
Minnesota 112 Houston 108
Tonight's games
L.A. Lakers at Boston, 8 p.m.
Golden State at Phoenix, 9 p.m.
Dallas at Denver, 10:30 p.m.
Tomorrow's games
New Jersey at Charlotte, 7 p.m.
Minnesota at Indiana, 7 p.m.
New Orleans at Orlando, 7 p.m.
San Antonio at Philadelphia, 7 p.m.
Portland at Toronto, 7 p.m.
L.A. Clippers at Cleveland, 7:30 p.m.
Miami at Detroit, 7:30 p.m.
Milwaukee at Memphis, 8 p.m.
L.A. Lakers at New York, 8 p.m.
Phoenix at Utah, 10:30 p.m.

SPURS 111, RAPTORS 100

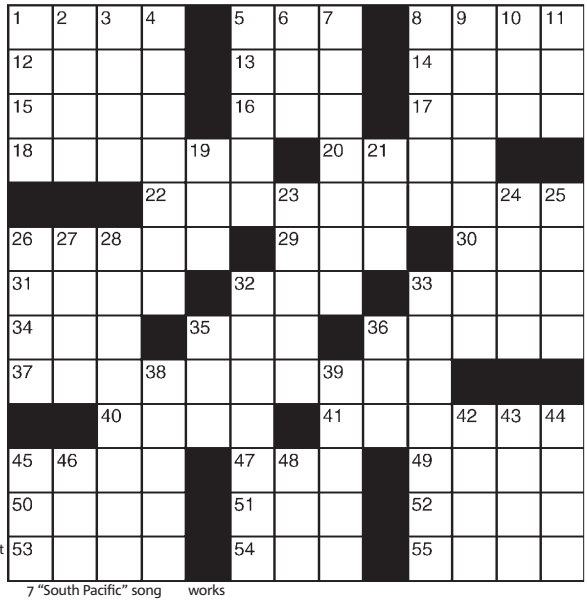
SAN ANTONIO (111)
Jefferson 1-2 0-0 3, Duncan 7-11 2-2 16, Blair 14-21 0-0 28, Parker 8-15 0-0 16, Ginobili 6-11 0-1 12, Hill 5-9 6-6 18, Splitter 2-3 2-7 6, Neal 3-5 1-3 9, Bonner 1-4 0-0 3, Novak 0-0 0-0 0, Quinn 0-0 0-0 0. Totals 47-81 11-19 111.
TORONTO (100)
Weems 4-9 0-0 8, A.Johnson 5-10 2-2 12, Bargnani 13-20 1-2 29, Calderon 3-9 0-0 6, DeRozan 10-18 5-7 25, Davis 0-0 0-2 0, Bayless 0-1 0-0 0, Barbosa 7-16 5-5 20, Ajinca 0-1 0-0 0, Wright 0-0 0-0 0. Totals 42-84 13-18 100.

San Antonio	31	29	21	30	—111
Toronto	29	27	28	16	—100

3-Point Goals—San Antonio 6-14 (Hill 2-2, Neal 2-3, Jefferson 1-1, Bonner 1-4, Parker 0-1, Ginobili 0-3), Toronto 3-9 (Bargnani 2-4, Barbosa 1-4, Calderon 0-1). Fouled Out—None. Rebounds—San Antonio 51 (Blair 11), Toronto 38 (A.Johnson 13). Assists—San Antonio 30 (Ginobili 9), Toronto 22 (Calderon 11). Total Fouls—San Antonio 19, Toronto 18. Technicals—San Antonio defensive three second. A—15,867 (19,800) at Toronto.

GET FIT!
XCOUNTRY SKIING (19km of trail)
SNOWSHOEING (10km of trail)
SNOW TUBING (tube tow)
With Canada's most popular Cross Country Skiing Area, a huge Snowtubing Park and our unique Snowshoeing Tours, Cypress Mountain's nordic area truly offers something for everyone! Check out a variety of lessons programs on the website and try something new!
cypress mountain.com

Crossword



Across

1 Blunder
5 Weep loudly
8 Window ledge
12 Hebrew month
13 Playwright Levin
14 Small combo
15 Come in second
16 — canto
17 Seeping
18 Blood channel
20 Object of worship
22 Admiral William of WWII
26 Assertion
29 Feedbag morsel
30 Rage
31 Amour
32 Phys. or biol.
33 Valhalla VIP
34 Mentalist Geller
35 Thee
36 Part songs
37 Consider
40 Albacore
41 Speak unclearly
45 Popular houseplant
47 Upper surface
49 Bedouin
50 Ireland
51 Have a bug
52 Poetic foot
53 Like candles or crayons
54 Crafty
55 Society newcomers

Down

1 Festive
2 Stench
3 Kiln
4 Comp
5 Prophetess
6 Raw rock
7 "South Pacific" song
8 Milkmaid's perch
9 Raymond Burr role
10 Claiborne of fashion
11 Actress Myrna
19 Pirates' quaff
21 Feline
23 — tenens (temporary officeholder)
24 Pennsylvania port
25 Longings
26 Organization
27 Traditional tales
28 Amelia Earhart, e.g.
32 Some Beethoven works
33 Kids' card game
35 Yang counterpart
36 Wildebeest
38 Soft and liquid
39 Suggest
42 Highland hillside
43 Mary's follower
44 Recedes
45 Not many
46 Historic time
48 Lubricate

▶ Yesterday's answer

Sudoku

3				6				5
	9			7			4	
2			4		9			3
9		1				4		7
		8	1		7	3		
7		6				5		2
4			7		2			9
	5			1			2	
1				4				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	6	4	1	5	8	9	2	3
1	9	8	3	4	2	5	7	6
2	3	5	7	9	6	8	4	1
9	5	6	4	8	1	2	3	7
8	2	1	6	7	3	4	5	9
3	4	7	9	2	5	1	6	8
4	1	3	5	6	9	7	8	2
5	8	9	2	3	7	6	1	4
6	7	2	8	1	4	3	9	5

Send a KISS

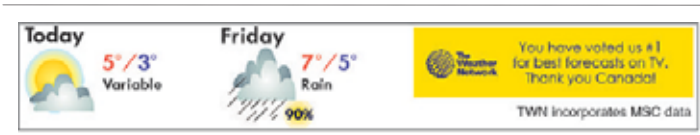
Show some love! Send a note to somebody special at kiss@metronews.ca

Ros I love you with all my heart. I hope you can forgive me for my mistakes all I want is to be with you **YOUR MUFFIN**

Mark, I love you sooo Much! You mean the world to me! Will you be my valentine? **LOVE YOUR GIRL G**

Adam, happy almost-Valentine's day baby! You are the sunshine on my rainy days <3 lav you so much!!! **YOUR FAVOURITE EV :)**

Mr. highlighter! I can't believe it's about to be our first valentines day together. You are honestly the light of my life and the reason I wake up in the morning. You're an amazing person and I want the whole world to know how much I love you :) **FOREVER YOURS, STEPHY <3**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You'll be in demand today, so promise yourself that you will not accept each and every invitation that comes your way. If you do, you will soon be exhausted. It's always about quality, not quantity.

♉ Taurus April 21-May 21
Venus, your ruler, links with Pluto, planet of passion, in one of the best areas of your chart. That tells you anything of a creative or romantic nature will go brilliantly.

♊ Gemini May 22-June 21 Be honest with yourself, and with other people, about what you can accomplish, even if it means you have to break a promise you made at the start of the year.

♋ Cancer June 22-July 22 It's time to patch things up with someone you fell out with. Why you drifted apart is not important. What matters is that you both realize life is better for when you're together.

♌ Leo July 23-Aug.23 Nothing will upset you today. The world around you may be in a constant state of crisis but you will sail through it all without a care. Are you in love? If you're not, you will be, soon.

♍ Virgo Aug. 24- Sept. 22 You have a glow about you today and others will draw closer to feed off your inner warmth. Don't let them get too close or you'll be crowded, but don't turn them away, either. You're a magnet for good vibes.

♎ Libra Sept. 23-Oct. 23 Your imaginative powers are high and you must find ways to use them for your own enjoyment and profit. You must also find ways to cheer up someone going through a rough patch.

♏ Scorpio Oct. 24-Nov. 22 With Venus, planet of love, on ideal terms with your ruler, Pluto, you can charm your way into the affections of anyone you please. You've always been irresistible but, today, the world wants to be your friend.

♐ Sagittarius Nov. 23-Dec. 21 If you are generous to others, they will be generous to you. However, if you refuse to help where help is needed, you will find that your own needs remain unfulfilled.

♑ Capricorn Dec. 22-Jan. 20 The amount of intensity you have shown in recent weeks will match your easygoing mood now. Venus in your sign will help you see things in perspective, and Pluto will help you act on what you see.

♒ Aquarius Jan. 21-Feb. 18 If you face a choice between making your own life more comfortable and helping someone who is not as fortunate as you, there is little doubt you'll choose the latter.

♓ Pisces Feb. 19-March 20 You will make an effort to see the good in each person you meet. You will also make it your business to do good yourself, knowing that it will spread outward. **SALLY BROMPTON**

Caption contest

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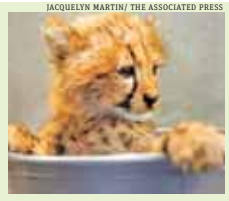

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GRADUATE REBATE PROGRAM

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ♦Prices for models shown: 2011 Accent 3 Dr. GL Sport is $16,894. 2010 Elantra Limited is $22,944. 2011 Sonata Limited is $30,564. 2011 Tucson Limited is $34,009. Delivery and Destination charges of $1,495/$1,495/$1,565/$1,760 are included. Registration, insurance, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, PD.E., dealer admin fees and a full tank of gas. ◊Finance offers available O.A.C. from Hyundai Financial Services based on new 2011 Accent L 3Dr/2011 Tucson L/2011 Santa Fe models with an annual finance rate of 0%/0%/0% for 48/60/60 months. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2010 Elantra L 5-speed/2011 Sonata GL 6-speed with an annual finance rate of 0%/0.9% for 84/60 months. Monthly payment is $173/$348. Down payment of $0/$3,800 is required. Dealer participation of $500 for 2010 Elantra L 5-speed is included. Finance offer includes Delivery and Destination of $1,495/$1,565. Registration, insurance, PPSA, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, PD.E., dealer admin fees and a full tank of gas. ∞Finance offers available O.A.C. from Hyundai Financial Services based on new 2011 Accent L 3Dr/2011 Tucson L/2011 Santa Fe for $14,494 at 0% per annum equals $172.55 per month for 84 months for a total obligation of $14,494. Cash price is $14,494. Example price includes Delivery and Destination of $1,495/$1,565. Registration, insurance, PPSA, license fees and all applicable taxes are excluded. Dealer may sell for less. Inventory is limited, dealer order may be required. ▼Fuel consumption for 2011 Accent 3Dr. (HWY 5.7L/100KM; City 7.2L/100KM)/2010 Elantra L 5-speed (HWY 5.6L/100KM; City 7.8L/100KM)/2011 Tucson (HWY 6.5L/100KM; City 9.1L/100KM)/2011 Santa Fe 2.4L 6-Speed Automatic FWD (City 10.4L/100KM, HWY 7.2L/100KM) are based on EnerGuide fuel consumption ratings. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). The 5-star rating applies to all the trim levels of the 2011 Sonata produced between July 2nd and September 7th 2010. ▪Based on the December 2010 AIAMC report. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ^Fuel economy figures are used for comparison purposes only. ^^Fuel economy comparison based on combined fuel consumption rating for the 2011 Sonata GL 6-speed manual (7.35L/100km) and 2011 Energuide combined fuel consumption ratings. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. ◆◆Offers available for a limited time and subject to change or cancellation fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. Actual rating for the 2011 Sonata GL 6-speed manual (HWY 5.7L/100KM; City 8.7L/100KM) based on 2011 Energuide rating. Fuel economy figures are used for comparison purposes only. Actual